



Video Explosion! What's Hot, What's Not for 1990

KUNG-FU

INSIDE

The Ultimate in
Martial Arts Coverage!

U.S. \$2.75

£1.85 DGS

In Canada

\$3.00

February 1990

K48325

**Harness the Power
Of Praying Mantis**

Adam Hsu

MANTIS POWER!

By Adam Hsu

**Rare Techniques
Bruce Lee's Non-Classical
Sticking Hands**

**Why We Celebrate
Chinese New Year!**

**Houston Report:
Surprise
Winners,
Losers
Spark
Debate
Complete
Results!**

**Learn Tai Chi
Training
Tricks!**





Only now can the full story be told! 15 years after the untimely death of Bruce Lee, the director of his greatest hit, **ENTER THE DRAGON**, brings you this explosive biography!

144
\$12.95

BRUCE LEE

THE BIOGRAPHY



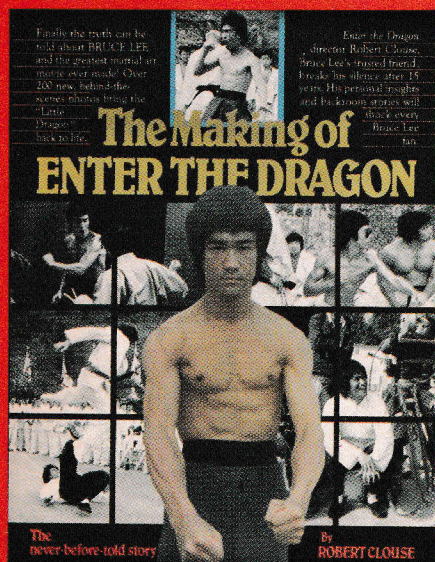
NEW!

Over 150 rare photos of the Little Dragon's life and career.

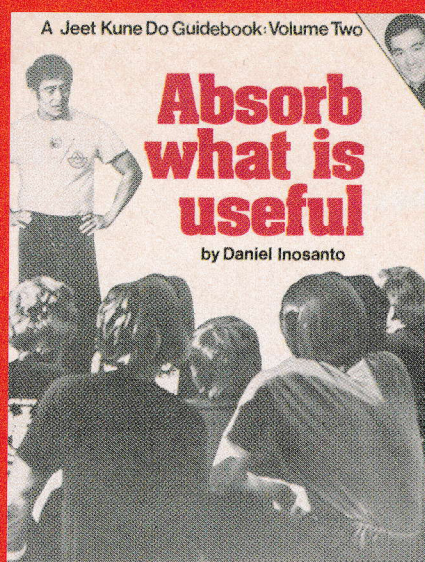
Interviews with his family and friends.

Over 200 pages of facts, quotes and photos, many published for the first time!

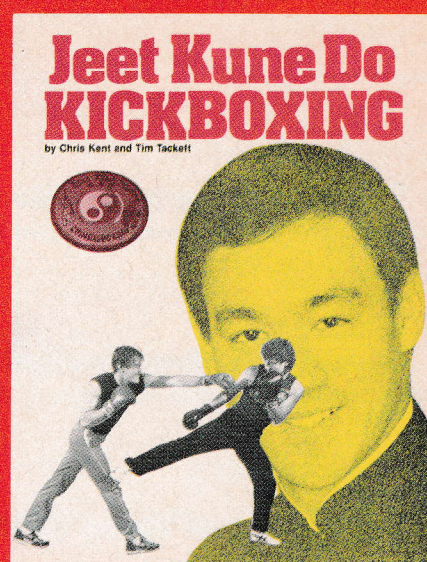
Unique Publications is proud to present the Bruce Lee Collection of Best Sellers...



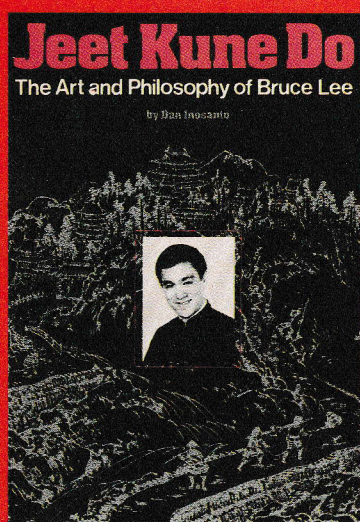
145
\$12.95



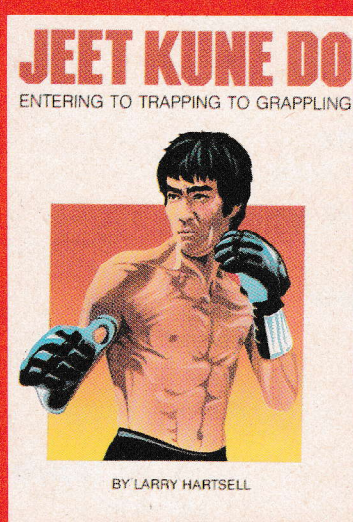
518
\$10.95



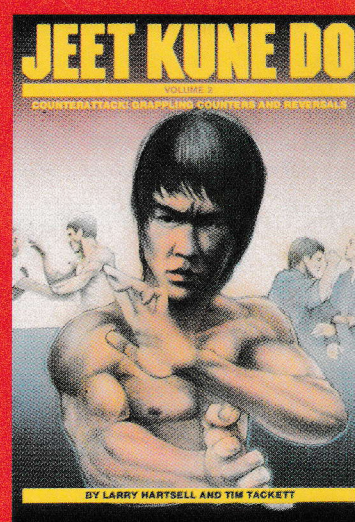
526
\$10.95



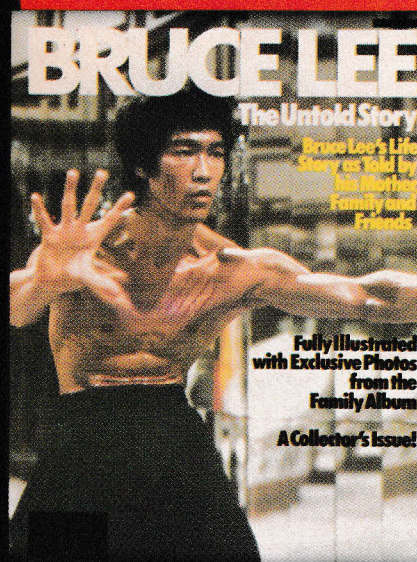
506
\$10.95



403
\$12.95



404
\$11.95



401 \$4.95

The Bruce Lee Collection of Best Sellers from UNIQUE

QTY	CODE	TITLE	PRICE	AMT
	144	BRUCE LEE - The Biography	12.95	
	145	Making of ENTER THE DRAGON	12.95	
	401	BRUCE LEE - The Untold Story		
	403	JKD - Enter, Trap, Grapple	12.95	
	404	JKD - Grappling Counters and Reversals	11.95	
	506	JKD - Art and Philosophy	10.95	
	518	Absorb What is Useful	10.95	
	526	Jeet Kune Do Kickboxing	10.95	

CA RES. ADD 6½% SALES TAX

SHIPPING AND HANDLING

TOTAL

SEND TO: **UP UNIQUE PUBLICATIONS**
4201 Vanowen Place,
Burbank, CA 91505

- ☐ PAYMENT ENCLOSED
☐ MONEY ORDER
☐ VISA ☐ MASTERCARD

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

CREDIT CARD NO. _____

SIGNATURE _____

EXP. DATE _____

SHIPPING AND HANDLING: 1 Book-\$1.50, 2-3 Books-\$2.00, 50¢ for each additional book.
FOREIGN COUNTRIES: Please submit international money order or bank draft payable in U.S. funds. Add \$2.00 for first item plus 75¢ for each additional item for postage and handling. Prices subject to change without prior notice.

INSIDE KUNG-FU

February 1990/Vol. 17, No. 2

Cover Story

34 **The Mantis System — Up Close**

Discover the power of the mantis. *By Adam Hsu*

Features

39 **Bruce Lee's Non-Classical Sticking Hands**

Learn his secret to wing chun simplicity. *By Jessie R. Glover*

Special Section!

IKF's 2nd Annual Video Guide!

46 **Instructional Videos from A to Z**

Learning at home has never been easier. *By Brian Wilkes*

62 **The Best and Brightest in Entertainment**

From the theater to your home. *By S.C. Dacy*

70 **Training Tricks for Tai Chi Forms**

Eliminate your weaknesses the easy way. *By Michael Babin*

76 **Houston Championship Report!**

The winners, losers and controversy. *By Dave Cater*

85 **Why We Celebrate Chinese New Year**

There's more to this than a lion dance. *By Lou Illar*

About the Cover:

Adam Hsu, one of American's most respected Chinese-style practitioners, makes a long overdue appearance on the cover. Photograph by Ed Ikuta. ©1989 CFW Enterprises, Inc. All rights reserved. Cover design by Danilo J. Silverio.

Departments

5 **Editorial**

Rocking the Boat

6 **Letters**

Name Game

14 **Insiders**

New AAU Head

18 **Training for Life**

One is Enough

20 **Chinese Connection**

Heartbeat

22 **JKD Philosophy**

Immobilization

24 **No Holds Barred**

"Dark Side"

26 **Rothrock-At-Large**

A Little Help

28 **Video Kicks**

Real Thing

31 **Main Events**

89 **Directory**

91 **Coming in March!**

Editorial Offices: 4201 Vanowen Pl., Burbank, California 91505 (818) 845-2656. Return postage must accompany all manuscripts, drawings and photographs submitted if they are to be returned, and no responsibility can be assumed for unsolicited materials. All rights in letters sent to *INSIDE KUNG-FU* will be treated as unconditionally assigned for publication and copyright purposes and as subject to *INSIDE KUNG-FU*'s right to edit and to comment editorially. Contents Copyright ©1989 by CFW Enterprises, Inc. Nothing may be reprinted in whole or in part without written permission from the publishers.

INSIDE KUNG-FU is published monthly by CFW Enterprises, Inc., 4201 Vanowen Pl., Burbank, California 91505. Second class postage is paid at Burbank, California and at additional mailing office. Subscription rates in U.S.A. one year \$20.00. Single copies \$2.75 + 75¢ shipping and handling. Canada and foreign countries add \$10.00 per year. Send subscriptions to *INSIDE KUNG-FU* Subscription Dept., P.O. Box 3802, Escondido, California 92025. For subscription services or information, call (800) 435-0715 toll free. (ISSN 0199-8501)

Postmaster send form 3579 to: CFW Enterprises, Inc., 4201 Vanowen Pl., Burbank, California 91505.

STAFF

Publisher
Curtis F. Wong
Assistant Publisher
Mark Komuro

Editorial
Editor
Dave Cater
Associate Editors
Russell Maynard
John Steven Soet

Contributing Editors
John R. Allen
Gene Chicoine
S.C. Dacy
Glenn C. Hart
Cynthia Rothrock
Tim Tackett
Brian Wilkes
Doc-Fai Wong

Contributors
Marie Anthony
Michael Babin
S.C. Dacy
Jessie R. Glover
Adam Hsu
Lou Illar
Cynthia Ming
Brian Wilkes
Charlie Yan

Art
Art Director
Danilo J. Silverio
Associate Art Directors
Brandi Centeno
Dina Fisher
Yanti Darmawan Wong
Typographer
Premiere Concepts
Photographers
Ed Ikuta
Jaimee Itagaki

Advertising
National Advertising Directors
Robert Matheney
Mark Brown
CFW Enterprises Advertising Dept.
4201 Vanowen Place
Burbank, CA 91505
(818) 845-2656

Unique Publications
Book Sales Manager
Raymond Ung
Special Promotions
Kathy Viquez

Shipping
Frank Wong
Bing Wong
Ming Wong
Published by CFW Enterprises, Inc.
President: **Curtis F. Wong**
Vice-President: **B.M. Wong**
Administration Director: **Pat Henry**
Assistant Administration: **Carrie Ogawa Wong**
Public Relations: **Mary Wong**

DISCLAIMER

We, CFW ENTERPRISES, INC., as publisher, make no endorsements, representations, guarantees or warranties concerning the products and/or services advertised herein. We are merely an advertiser for, and not a manufacturer, seller or distributor of, such products and/or services. We have made no independent examination of any aspect of such product and/or services and we cannot, therefore, attest to the reliability, safety or effectiveness of such products and/or services. We expressly disclaim any and all liability arising from or relating to the manufacture, sale, distribution, use, misuse, or other act of any party in regard to such products and/or services.

This publication is distributed on an international and national basis. Accordingly, the sale, purchase, distribution or use of some of the products and/or services advertised herein may be illegal in some areas and we do not assume responsibility thereof. State and local laws must be checked out by purchaser prior to the purchase or use of products and/or services advertised herein. We make no representations or warranties concerning the legality of the purchase or use in any area within or without the United States of the products and/or services advertised herein.

EDITORIAL

Don't Rock the Boat

I had the pleasure recently of spending an evening talking martial arts with wing tsun grandmaster Dr. Leung Ting, who was in America for his annual tour of affiliated schools.

I say pleasure because Dr. Ting is a bright, energetic gentleman whose verve for martial arts history and technique is catching. Sometimes you wonder if what you produce in a martial arts magazine is making an impact. Then you get a few moments with someone such as Dr. Ting and you realize there are people out there who do read, who do think, and who do care.

However, the pleasantries quickly subside at the mention of wing chun grandmaster William Cheung, with whom Dr. Ting has had a running feud for years. This battle of mostly written words came to a violent head two years ago when one of Dr. Ting's top students, West German Emin Boztepe, confronted and then tussled with Cheung at a seminar.

It was a scene as ugly as you might imagine. Rather than settling a personal score, it merely succeeded in soiling the reputations of millions of innocent wing chun practitioners the world over.

I resurrect this dark moment in martial arts history because Boztepe recently visited Los Angeles and wanted *Inside Kung-Fu* to do an article on his techniques. We turned him down because we felt that an article on Boztepe would focus not on his wing tsun skill, but rather on his brief encounter with William Cheung.

When I explained this rationale to Dr. Ting, he was visibly upset. "It's been over two years," Dr. Ting insisted. "How long is it going to be before you forget what happened?"

I added that while Boztepe (from everything we've heard) is a fine fighter and superb technician, he gained his fame as the man who took William Cheung's published challenge to heart.

"But he's a recognized European champion," Dr. Ting said.

"Everybody in Europe is a champion," I countered.

The problem is, Boztepe is caught in a Catch-22 situation: While he made a name for himself by putting William Cheung to the floor, his actions also remind us of a dark period in modern martial arts history.

Would I be writing this editorial if Boztepe was merely another talented wing tsun instructor? No.

Would we be condoning, even glorifying, Boztepe's actions by featuring him in this magazine? You could argue that point.

The incident in West Germany is one we'd soon forget. The injury it caused the martial arts in general and the wing chun or wing tsun community in particular will take years to heal.

To their credit, both Dr. Ting and William Cheung realized little can be accomplished through violence, that all have suffered through the immature actions of a few.

Suggesting that the two principals will meet on a Chinese junk in Hong Kong harbor to discuss a peace plan would be too much to ask. Like oil and water, these two will never get along. While their roots are similar, their branches continue to grow in opposite directions.

Peace is at hand in the sometimes turbulent world of wing chun. And we don't think anything would be accomplished by opening old wounds.

— Dave Cater



HAPPY NEW YEAR!

For all our customers we would like it known that we do appreciate you and your help, we make mistakes but we try our best to correct them.

Thank You Very Much

Enjoy Your New Year

Offer ends Feb. 28, 1990

Here's a little something
for everyone:

01AIK 09 Aikido, Introduction to Tomiki	8.00
02HAP 01 Elementary Hapkido	7.50
03JUJ 06 High Impact Jiu-Jitsu	5.75
04JUD 14 Judo Beginner to Black Belt	8.50
05TKD 20 Korean American Olympic Tae Kwon Do	13.50
07KRK 03 Complete Book of Tae Kwon Do Forms	12.00
08ISH 05 Who's Who in Isshin-Ryu	3.25
09OKKR 03 Okinawan Kempo	4.00
10SHK 03 Beginning Guide to Shotokan	8.75
10SHK 28 Modern Shotokan	9.75
12OUK 03 Hidy Ochial's Living Karate	7.00
13AEK 09 Full Contact Karate	7.00
14JKA 15 Karate Kata's of Wado-Ryu	16.00
16WCKF 20 116 Wooden Dummy Tech.	7.00
17PMKF 08 Praying Mantis	5.00
18SHK 20 64 Leg Attacks	7.50
19HGKF 01 Beg. Shaolin Hung Gar	5.00
21WSKF 05 Wu Shu Basic Training	9.00
22KMP 12 What is Self Defense	6.50
25NSKF 07 Tsai Lee Fo Chia Plum Blossom Boxing	3.50
26ASKF 05 Drunken Monkey	6.25
27MSKF 10 Drunkard Kung Fu	6.25
28TCC 67 Wu Style TCC Tui Shou	5.50
29JUJ 03 Taijiquan in 88 Styles	5.95
30TCW 01 Illustration of 13 TC Sword	3.85
31CHS 02 Northern Shaolin Sword	11.50
32CSSS 03 Tsi Lee Fo Monk's Waddyplay	5.00
33OCW 05 Pak Mei Tiger Fork	5.00
34KQC 08 Chinese Qigong Therapy	10.00
35CHTR 02 Complete Iron Palm for Self Defense	6.50
36CLTR 04 24 Running Foot Strokes	5.00
37OCMA 01 Chinese Martial Arts	3.50
38NUN 08 Nunchaku Training Manual	8.50
39SBO 06 Stick Fighting: Practical Guide	15.00
40SIK 03 Knife Fighting — Throw for Combat	7.00
41RAL 04 Filipino Knife Fighting	6.00
42KUB 01 Action Kubutan	3.00
43OW 07 Kama: Weapon Art of Okinawa	9.00
44SHR 03 Shuriken-Do	14.00
45NW 06 Knife & Pistol Fighting	16.00
46NINJ 49 Art of the Ninja	10.50
48JKD 06 Bruce Lee's Fight Methods #1	4.50
49IAZ 09 Samurai Swordsmanship #1	7.00
50SSAH 05 Samurai	17.00
50SSAH 11 Samurai Sword (Fittings) Vol. 2	25.00
52MAP 03 Book of 5 Rings (Cloth)	11.50
53POB 01 Capoeira (Cloth)	17.50
54AE 05 Filipino Martial Art	7.00
55SKL 06 Master's Kicking Guide	7.00
56SPWT 03 Chuck Norris Fitness	7.00
57MED 07 Vital Spot	8.00
58OMB 05 Martial Arts Catalogue (Paper)	7.50
59SDEF 04 Confidence: Child's 1st Weapon	6.50
60PTWU 04 Defensive Tactics With Flashlight	6.50
61WSDR 04 Freedom From Fear	7.00
62NNN 08 Classical Man	7.75
63MAM 04 Martial Arts Films	9.00
64MISC 07 Strategy of the Unseen	9.00

RYUKYU IMPORTS INC. new toll free number, 800-383-4017 on October 1, credit cards, wholesale only; orders held 30 days for check, money orders, no waiting.

MAIL TO:
RYUKYU IMPORTS
Box 535
Olathe, Kansas 66061



Shipping by book post unless additional amount paid to ship otherwise. In U.S. orders under \$50.00 require \$2.00 shipping fee; over \$50.00, free postage. Outside U.S. orders under \$100.00 require \$3.00 shipping fee; over \$100.00 has a \$1.00 shipping fee. Insurance in U.S. is \$1.00 for orders under \$50.00 and \$2.00 over \$50.00. UPS, U.S. only is \$3.00 includes insurance. Kansas residents, tax is 5.75%.

Visa and Mastercard accepted by mail or phone.
913-384-3345 — order by FAX — 913-780-1750.

□ LETTERS

Inside Kung-Fu welcomes letters from its readers. All letters should be typed and double-spaced on one side of the page. Letters should be signed and include name, address and daytime phone number for verification. Inside Kung-Fu reserves the right to edit letters for clarity and space limitations.

What's in a Name?

I just read the November issue of your magazine, *Inside Kung-Fu*. John P. Painter's article, "Tai Chi Chuan: Dancing Ain't All There Is," raised a point with me that I hope you can answer. Is there an editorial policy on transliteration of Chinese names and terms, or does the magazine/editor leave it up to the author? In Dr. Painter's article there are at least two different systems used, and one of those is even used inconsistently.

I assume that when Dr. Painter uses the term "Tai Chi Chuan" he is using his own system. In the Wade-Giles system the term would be "t'ai chi ch'uan" and in the Pinyin system it would be "tai ji quan." Most of the names the author refers to are rendered in the Pinyin system (i.e., Wu Jinqian, Wu Yuxiang), although others are done in another system (i.e., Sun Lu Tang, Cheng Man-Ching).

The editor's note on the bottom of page 78 that describes the author also uses a strange spelling for the term "paqua." The term should either be "bagua" or "pakua," and I would imagine that the one the author of the editor's note was looking for was the latter.

I really enjoyed Brian Gray's article, "Learn to Spot an Iron Palm Fraud." The breaking "frauds" or tricks he refers to are not unique to kung-fu practitioners, of course, which makes the article of interest to other martial artists as well.

Richard B. Florence Jr.
Reston, VA

Because we feature a variety of Chinese styles in the magazine, we have found it necessary to standardize certain terms and spellings to not confuse the readers. Unless the author specifically requests a style, system, technique, etc., be spelled a certain way, the editor will use a common spelling. A case in point is pentchak silat. While we spell it with a "ch," pendekar Paul de Thouars asked that it be spelled "pentjak" silat in an article featuring his techniques. The same holds true for tai chi chuan and paqua.

— Ed.

Not Jealous

I noticed a letter from Chris Kent stating that I was jealous of Dan Inosanto and was making juvenile barbs at him. Well, for one thing, if Dan felt I was making "juvenile barbs" about him, I would imagine that he would let me know himself, rather than have someone be his spokesman.

I have known Dan longer than Chris Kent has been practicing the Filipino martial arts. I resent that he is assuming that I would say such a thing. I don't know Chris Kent with his "16 years of experience" and his working with some of the "best old Filipino escrimadores there are," so I don't feel that he is

in any position to know what I am like and what I would say.

If Chris Kent would like to know what I do and what I am like, it is best he find out himself rather than assume that I would consider myself a "be-all and end-all" as he stated in his letter. I would be pleased to show him what 21 years of experience and working out with the best escrimadores in Stockton has taught me.

As far of being jealous of Dan Inosanto, I am far from that. The Filipino community in Stockton where Dan is from and where I was raised is proud of Dan's accomplishments and so am I.

Rene Latosa
Sacramento, CA

Give Oyata his Due

It was good to see Seiyu Oyata mentioned in Chris Thomas' recent article, "Will Dillman's Tactics Work on the Street?" (*IKF*, Nov. 1989). Magazine space for Oyata's kyusho-jutsu and tuite-jutsu sure is mighty scarce. I guess this is because Oyata, who first started openly teaching this stuff in America, speaks little English. But I bet a man of his age and experience knows a lot more about karate history on Okinawa than Dillman, because Oyata was a young karate student during the heyday of most Okinawan greats of this century. He probably also knows a lot more about the history of kobudo teachers and their weapons as well.

So many articles about Dillman get a little dry after a while. I have yet to read one article anywhere about Oyata where he uses his own translator and talks about what he wants to talk about. He could probably tell some great anecdotes in addition to talking technique. I'd just like to hear him talk about the Chinese influence on his arts. Let's hear from the Okinawan perspective on Okinawan martial arts.

Scott Thorson
Athens, GA

Small, but Strong

(Author) John R. Allen stated that you needed optimum strength to properly perform techniques.

I tend to disagree. I'm 5-feet-2 and I have handled guys bigger and stronger than me.

What did Allen say? The wrestler trounced dozens of ranking martial artists? What were the rules?

The martial artist is trained in self-defense. He can use all parts of his body to attack the eyes, throat, knee caps and joints. There had to be some kind of limiting rules severely handicapping the martial artist. The only fair fight would be one with no rules and I'm sure that was not the case here.

Continued on page 8

PALADIN PRESS



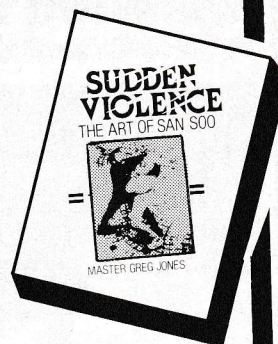
SUDDEN VIOLENCE

The Art of San Soo

by Master Greg Jones

You deliver a sudden burst of ruthless kicks, punches and strikes, and your opponent is left lying in a heap. The fight has ended *before it had a chance to start*. This is the essence of san soo kung fu, an ancient fighting art perfect for today's mean streets. This little-known martial art emphasizes no-nonsense self-defense principles that will increase your awareness of potential violent encounters in time to stop attacks with deadly efficiency, using bone-breaking, eye-gouging, rib-crushing techniques not taught in many dojos. Snap kicks, head butts and knee strikes are only a few of the techniques you will learn to use to their most brutal potential. Your opponent may be tough, but as a san soo stylist, *you will never give him a chance to prove it!* When some thug intends to do you bodily harm, it is not the time to pull punches. So be sudden! Be violent! And win! 5 1/2 x 8 1/2, softcover, 220 photos, 256 pp.

\$14.95

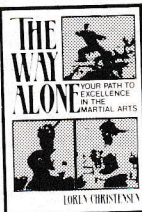


Iron Hand of the Dragon's Touch



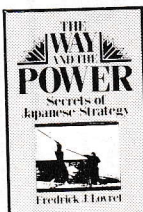
IRON HAND OF THE DRAGON'S TOUCH

Secrets of Breaking Power
by Master Hei Long
Bones or boards, you want to shatter your targets—without maiming yourself. Only mastering the iron hand will give you the strength, precision and knowledge to break with confidence. Break through the mystique surrounding the power of breaking skills and put that same awesome force into your hands and feet. 5 1/2 x 8 1/2, softcover, illus., 112 pp. **\$12.00**



THE WAY ALONE

Your Path to Excellence in the Martial Arts
by Loren W. Christensen
A surefire way to increase your motivation, strength, speed, explosiveness, endurance and timing—**The Way Alone**. This book about solo training includes tips on weight training, practicing reps and kata, bag work and cardiovascular training anytime, anywhere. 5 1/2 x 8 1/2, softcover, 57 photos, 128 pp. **\$10.00**



THE WAY AND THE POWER

Secrets of Japanese Strategy
by Fredrick J. Lovret
Strategy, the backbone of any battle of your life, can be the difference between winning and losing. Japanese strategy has become an exact science, and here you get a complete look into in-yo, michi, kiai, maai, minari, sutemi, and many other aspects. Know the intricacies of Japanese strategy, and conquer all! 5 1/2 x 8 1/2, softcover, illus., 52 photos, 328 pp. **\$16.95**

NINJA DEATH TOUCH



NINJA DEATH TOUCH

by Ashida Kim
Here are the secrets of the unholy science that kills with a wave of a hand! Certain Ninja practiced the Death Touch, a type of black medicine that destroys through manipulation of the body's nervous, circulatory and Chi systems. Learn *Dim Hsueh*, *Dim Ching* and the infamous *Dim Mak* techniques. Illustrated with step-by-step photos. 5 1/2 x 8 1/2, softcover, illus., 104 pp. **\$10.00**



THE 100 DEADLIEST KARATE MOVES

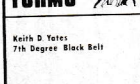
by Dr. Ted Gambordella
5th degree black belt
Learn how to fight to the death utilizing the 100 most lethal kicks, shotos and blows known to the world's greatest karate masters. Over 100 dramatic photos cover snap kicks, heel kicks, vital points of the head and chest, shotos, palm heels, ridge hands, and street fighting with karate. 5 1/2 x 8 1/2, softcover, photos, 88 pp. **\$8.00**



AMERICAN KARATE

The Master Text
by Jerry Beasley
Chuck Norris, Joe Lewis, Bill Wallace and Ed Parker are only some of the great men who've influenced martial arts in America. Rare photos of the biggest names in martial arts fighting in early tournaments of the '60s and '70s highlight this inspiring book. 5 1/2 x 8 1/2, softcover, photos, 88 pp. **\$14.00**

THE COMPLETE BOOK OF TAEKWON DO FORMS



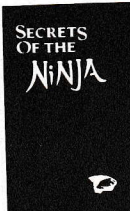
THE COMPLETE BOOK OF TAEKWON DO FORMS

by Keith Yates
Updated info, including the addition of the 3rd-degree black belt level form, kae-beck, and 42 new photos, highlight this brand-new edition of Keith Yates' invaluable taekwon do reference. This volume offers the basics, plus the latest developments in the world of taekwon do, presented in a classy new package. 8 1/2 x 11, softcover, illus., 500+ photos, 192 pp. **\$19.95**



WINNING WITH AMERICAN KATA

The New Breed of Competitors
by Loren W. Christensen
Find out about the dynamic new kata style that is sweeping the competitions with its realistic approach to creating new forms. This guide, written by a kata champion, will help you develop your own form, train hard, psych yourself up . . . and win! 5 1/2 x 8 1/2, softcover, photos, 136 pp. **\$14.00**



SECRETS OF THE NINJA

by Ashida Kim
This is the real thing—one of the few complete, hardcover studies of this terrifying and deadly martial art. Text and photos illustrate Ninja principles of invisibility, covert entry, escape and evasion, assassination, sentry removal, meditation, mind clouding and much more. 5 1/2 x 8 1/2, hardcover, 200 photos, 168 pp. **\$16.95**



IN SEARCH OF THE ULTIMATE MARTIAL ART

The Jeet Kune Do Experience
by Jerry Beasley, Ed.D.
Experience the power of Bruce Lee's jeet kune do, the explosive art drawn from the best of Eastern and Western fighting styles. An exclusive collection featuring interviews with Inosanto, Lewis and others, and a dynamic presentation of principles and techniques. 5 1/2 x 8 1/2, softcover, photos, 208 pp. **\$15.95**



FIGHT FOR YOUR LIFE!

The Secrets of Street Fighting
by Dr. Ted Gambordella
Beat streetwise punks at their own deadly game with the help of this practical manual. Over 200 dramatic photos demonstrate lethal fighting strategies, escapes and counters, knife and club defenses, rape defenses, and much more. A no-nonsense guide to fighting for your life when there is no second-place winner! 5 1/2 x 8 1/2, softcover, illus., 120 pp. **\$8.00**



DRAGONS TOUCH

by Master Hei Long
Drop your opponent in an instant with the deadly moves of the Dragons Touch. Immobilize or destroy your foe with high-impact blows to the body's most vulnerable areas. Learn which angles to use in striking 43 major target areas. These pressure points are explicitly illustrated, and 165 photos guide you in attacking each area with the moves of Lian Shi Kung Fu. 5 1/2 x 8 1/2, softcover, illus., 184 pp. **\$10.00**

OTHER FASCINATING TITLES

WARRIOR SECRETS\$12.00
COMPLETE BOOK OF
KARATE WEAPONS.....\$14.95
NINJA MIND CONTROL...\$10.00
SECRETS OF HAKKORYU
JUJUTSU.....\$12.50
SECRET NIDAN TECHNIQUES OF
HAKKORYU JUJUTSU ..\$12.00
BLACK MEDICINE I\$10.00
BLACK MEDICINE II\$10.00
DEADLY GRIP OF
THE NINJA.....\$14.00

STREET LETHAL: UNARMED
URBAN COMBAT\$15.95
TIGER SCROLL OF THE
KOGA NINJA.....\$10.00
THAI BOXING DYNAMITE:
THE EXPLOSIVE ART OF
MUAY THAI\$14.00
NO SECOND CHANCE...\$12.00
JUST FOR KICKS.....\$12.00
BALISONG: THE LETHAL
ART OF FILIPINO KNIFE
FIGHTING\$12.00

MONEY-BACK GUARANTEE — DEALER INQUIRIES INVITED
PALADIN PRESS • P.O. BOX 1307 • BOULDER, CO 80306 • (303) 443-7250



PALADIN PRESS
P.O. BOX 1307-0BK
BOULDER, CO 80306
Phone (303) 443-7250



Call TOLL FREE for credit card orders:
1-800-642-8300, ext. 24. Call 24 hours a
day, 7 days a week. Call from any state
but Alaska. Send \$1.00 for 50-page
CATALOG of 300 titles (free with order.)

Please send me the following titles:

Payment: ☐ Check or Money Order, ☐ VISA, ☐ MasterCard.

Card No. _____ Exp. _____ SUBTOTAL _____

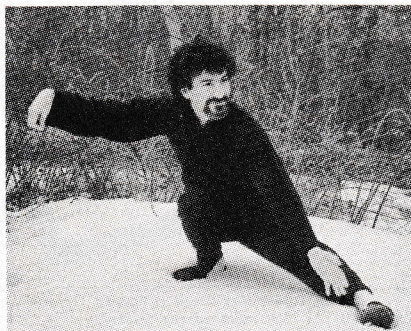
NAME _____ Please include \$3.50 postage and handling _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____ TOTAL _____

TRAINING VIDEOS

By T'ai-Chi-Ch'uan Master, Bob Klein



- K-1 T'ai-Chi-Ch'uan (2 hrs.) \$39.95**
 - ★ Yang short form (from 2 angles)
 - ★ Step-by-Step instruction
 - ★ Internal energy - Breathing
 - ★ Fighting applications
 - ★ Push hands
- K-2 T'ai-Chi Sword Forms (2 hrs.) \$39.95**
 - ★ 2 forms with fighting applications
- K-3 Chinese (T'ai-Chi) Kickboxing \$69.95**
 - ★ 2-tape set (3 hrs. 45 min.)
 - ★ Punching, kicking, grappling, ground fighting, phantom techniques
 - ★ Actual classroom instruction
- K-4 2 Kung-fu Exercise Workouts (2 hrs.) \$39.95**
 - ★ Using movements from snake, tiger, mantis, monkey, crane & drunken kung-fu
 - ★ Fighting applications demonstrated
- K-5 Push Hands (2 hrs.) \$39.95**
 - ★ Kung-fu's greatest training secret
 - ★ Detailed analysis of the dynamics of energy & attention with stop-motion video effects
- K-6 Shiatsu Massage (90 min.) \$39.95**
 - ★ Full body massage
 - ★ Complete instructions
- K-7 Northern Praying Mantis Kung-fu \$39.95**
 - ★ Form, stances, fighting applications
 - ★ Step-by-step instruction

\$3 shipping per tape (\$7 overseas)

Specify VHS or Beta

Make checks payable to "Bob Klein"

MOVEMENTS OF MAGIC By Bob Klein

158 pages, 7" x 10". This book is a complete description of T'ai-Chi-Ch'uan and the internal martial arts. Covers internal energy, free-style sparring, form, push hands, development of attention. **Only \$9.95** plus \$1.50 shipping.



LONG ISLAND SCHOOL OF T'AI-CHI-CH'UAN

P.O. Box 906-Dept. K
Miller Place, NY 11764

(516) 744-0449

!!!SEND FOR FREE BROCHURE!!!

□ LETTERS

Continued

Next example was comparing two judo players. The big one won, which was predictable, since judo is nothing more than sophisticated wrestling where size and strength means a lot more than in any other sport.

Also you can't compare martial arts to boxing. Boxers strike to the face and body with just the fists. Martial artists strike vital spots, use all parts of their bodies as weapons, and move in more varied patterns than boxers. One cannot realistically use the analogy of comparing boxers to martial artists.

If you need strength to make techniques work how do you explain master Morihei Uyeshiba? He had strength when he was young, but as he got older, expertise of technique took the place of strength.

I agree that you need a certain amount of strength to make techniques work, but you don't have to acquire a bodybuilder's type of physique to succeed as a martial artist.

Bob McDowell
Santa Maria, CA

Real Green Hornet

The recent article on the new Green Hornet comic (*IKF*, Nov. 1989) had a few errors I'd like to bring to the attention of your readers. The facts of the matter are this: George Washington Trendle operated a statewide Michigan radio network with WXYZ Detroit as the flagship station. Fran Striker, in consort with Trendle, created "The Lone Ranger." "Green Hornet" followed on its heels, as another co-creation of Trendle and Striker, and appeared first in 1935. First, Britt Reid, the Green Hornet's alter ego, was the great grandnephew of John Reid (who was the Lone Ranger). The owner of the Daily Sentinel newspaper was Dan Reid, grandnephew of the Lone Ranger. He put his bachelor son, Britt Reid to work at the paper as chief crime reporter. Britt eventually took over as publisher. Michael Axford, a tough, irascible Irish ex-policeman-turned-PI, was hired by Dan Reid originally to watch over Britt and then becomes the paper's police reporter.

He has a penchant for apprehending the Green Hornet. In a crusade against the "racket," Britt Reid dons the Green Hornet disguise and fights crime at night using his valet, Kato, as his unknown aide and chauffeur for the Black Beauty. Reid's secretary and confidant, Lenore Case "Casey," is the only other person who knows the Green Hornet's identity.

The show was serialized by Universal Studios in 1939 in "The Green Hornet" and in 1940 as "The Green Hornet Strikes Again." While the radio show used an Englishman for the voice of Kato/unknown aide, he was played by Keye Luke in one of the serials.

Trendle obtained releases from all the writers except Fran Striker so his storylines were not used beyond the radio plays. Lorenzo Semple Jr. invented many new gadgets for the television show and updated the storyline.

He introduced a new regular character, who also knew the Green Hornet's identity, in Frank Scanlon, district attorney. At the same time a police commissioner who didn't know his identity, was axed, mainly because it was too close to the Commissioner Gordon in "Batman." He added a television station to the media network that included the Daily Sentinel. Another addition could be attributed to Bruce Lee, since he was the first person cast for the television series. That is, of course, the fact that unknown aide was now an expert in kung-fu.

Duane S. Arnott
Toronto, Ontario



Wing Chun Women

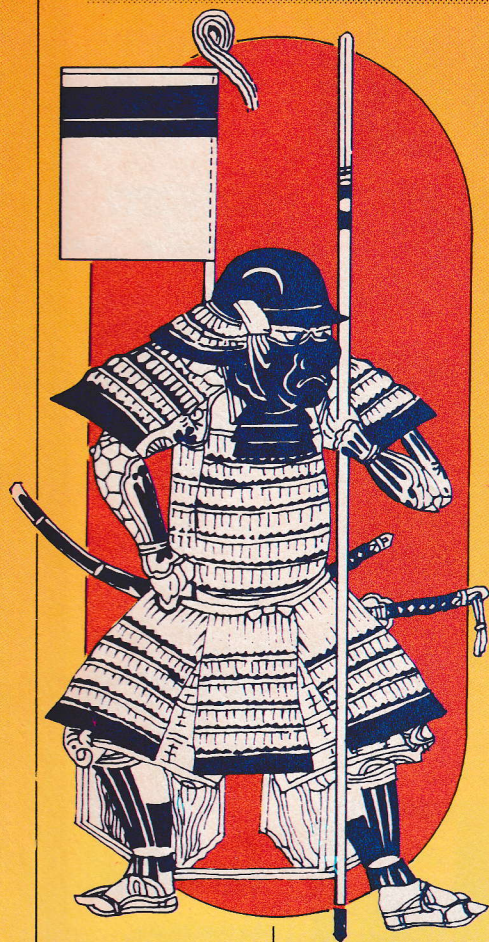
I am the chief instructor of the Wing Chun Kung Fu School of Maryland, Inc. My association is headed by grandmaster William Cheung of Australia. This letter serves as a rebuttal to your "Letter to the Editor" on wing chun's women sifu. Our association has two women instructors, Rhonda Bolding and Tondalayia Scott of Baltimore, Md. Ms. Scott was the 1986 and 1987 Hardcontact Karate champion. She has won numerous karate tournaments, as well as first place in women's professional point tournaments in Region Ten. Ms. Scott won the 1989 Kuoshu tournament, given by grandmaster Huang of the Chinese Kung Fu Institute, Towson, Md. Ms. Scott is the only professional fighter in the United States training and teaching wing chun kung-fu. Mrs. Bolding now resides in Denver, Colo. Ms. Scott still competes to this day.

John Clayton
Baltimore, MD

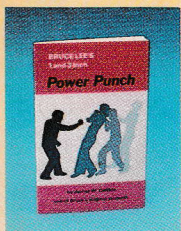


ACTION LIBRARY

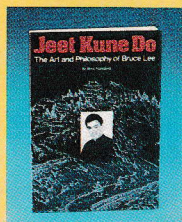
NEW RELEASES



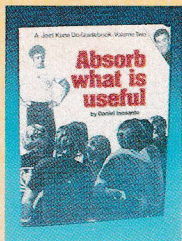
401 Bruce Lee—The Untold Story
This book traces Bruce's life story as told by his mother, Grace Lee, and his family. It contains exclusive and unpublished photographs from the Lee family album. **\$5.50**



502 Bruce Lee's 1- and 3-inch Power Punch
By James W. DeMile
A complete presentation of the principles and applications of one of the most dynamic punches ever developed. **\$3.95**



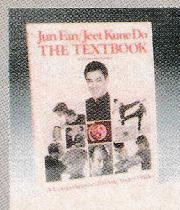
506 Jeet Kune Do, The Art and Philosophy of Bruce Lee
By Dan Inosanto
Dan Inosanto traces the origins and development, and illustrates some of the basic principles of Jeet Kune Do. **\$10.95**



518 Absorb What is Useful
By Dan Inosanto
This book reveals Jeet Kune Do's innovative teaching and training methods that transcend specific techniques and liberates any martial artist to achieve the ultimate goal of self-discovery. **\$10.95**



415 The Complete Iron Palm
By Brian Gray
Brian Gray, one of the world's foremost authorities on Iron palm philosophy and techniques, takes you through every phase of this secret ancient Chinese method. Learn the conditioning techniques, breathing exercises and actual iron palm strikes that have made Gray a seminar favorite for 20 years. After studying this book, Gray promises you'll be able to slap through concrete with the center of your palm. **\$10.95**



528 Jun Fan/Jeet Kune Do—The Textbook
By Chris Kent and Tim Tackett
For the first time ever, two of the most well-versed instructors of Bruce Lee's fighting method have joined forces to create this comprehensive training guide. Learn the "Little Dragon's" training and fighting methods. Over 1,000 step-by-step photographs! **\$14.95**



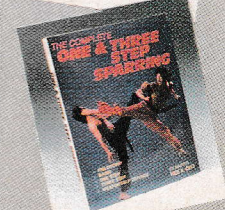
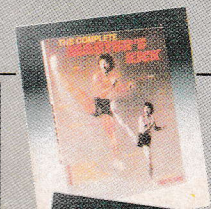
319 Aikido - Tradition and New Tomiki Free Fighting Method
By Nobuyoshi Higashi
Aikido, the Japanese martial art designed to accomplish the maximum result with the minimum of effort, is an ingenious method based on the laws of physics and anatomy. It is based on a philosophy of nonviolence and nonaggression. This is the most comprehensive volume on this unique system to date, and will be of infinite value to everyone, from beginner to advanced practitioner. **\$10.95**



360 Hapkido - The Integrated Fighting Art
By Robert K. Spear
Hapkido, the "way of coordinating power," is a total martial art, containing the throwing aspects of judo, the striking aspects of karate, and the locking and breaking aspects of aikido. This is the definitive work on this multifaceted system, considered by many to be Korea's deadliest fighting art. **\$8.95**

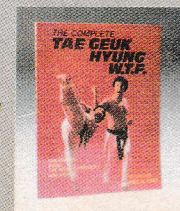


121 Nunchaku: The Complete Training Guide
By Jiro Shiroma
When Japan invaded the Ryukyu Islands (Okinawa) in the 1600s, they confiscated the weapons of every inhabitant. All that remained for the people were farm implements and a wealth of empty-hand martial arts knowledge. When the Okinawans discovered these tools could be used as extensions of their hands, a fearsome fighting style was born. One of the most feared weapons was the nunchaku, traditionally used to pound grain and other brush. **\$9.95**



580 The Complete Master's Kick
By Master Hee Il Cho
There have been many books about kicking, but never has there been a work such as this. Besides an in-depth examination of 16 different ground kicks, beginners through advanced, this volume is a virtual encyclopedia of additional information about each of the kicks; how to stretch, practice, breathe, weight train, the kick's application - everything! Clearly detailed with step-by-step instructions and over 1,000 pictures. **\$18.95**

581 The Complete Master's Jumping Kick
By Master Hee Il Cho
A companion piece to *The Complete Master's Kick*, this volume covers in-depth 18 jumping kicks, including some of the most beautiful and devastating. In addition to the kind of detail used in *The Complete Master's Kick*, this book also includes sections on acupressure, philosophy and injury prevention, as well as some pictures and verses of rare beauty and insight. Suitable for all styles and disciplines, beginners through advanced. **\$18.95**

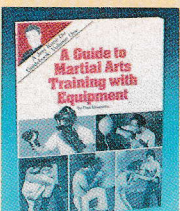


582 The Complete One & Three Step Sparring
By Master Hee Il Cho
Learning proper one and three step sparring provides the foundation for excelling in self-defense and free-sparring. For all martial artists. *The Complete One & Three Step Sparring* covers over 50 different techniques as well as 20 different self-defense techniques against weapons such as guns, knives, sticks and baseball bats. Incredible detail and devastating techniques, shown with over 1,000 pictures. **\$18.95**

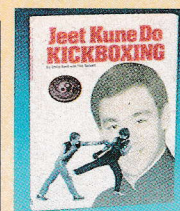
583 The Complete Tae Geuk Hyung W.T.F.
584 The Complete Black Belt Hyung W.T.F.
By Master Hee Il Cho
The Only patterns recognized for the W.T.F., Olympic and U.S.T.U. competition, both of these volumes contain over 1,000 photographs which detail all the moves and techniques for each pattern. In addition to the step-by-step instruction (each move typically described with three photographs), both books cover the stances, hand techniques and kicks needed to master these patterns. History, philosophy and applications are also covered for each pattern. **583 \$15.95 584 \$18.95**



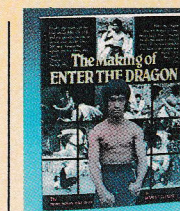
420 Jean Frenette's Complete Guide to Stretching
By Jean Frenette
Every martial artist needs to stretch. Whether you're a fighter or a forms competitor, heavyweight or lightweight, your performance will depend greatly on your flexibility. Now you can learn the ins and outs from Jean Frenette, considered one of the finest instructors in the world today. You'll learn proper warmup, breathing and concentration exercises guaranteed to make you perform better and feel healthier without risking injury. This book will stretch you to the limits. And you'll love every minute of it. **\$10.95**



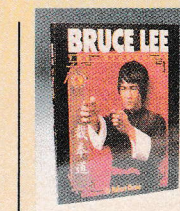
509 Guide to Martial Arts Training with Equipment
By Dan Inosanto **\$10.95**



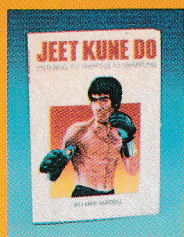
526 Jeet Kune Do Kickboxing
By Chris Kent and Tim Tackett **\$10.95**



145 The Making of "Enter the Dragon"
By Robert Clouse **\$12.95**



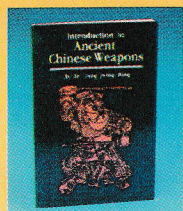
144 Bruce Lee - The Biography
By Robert Clouse **\$12.95**



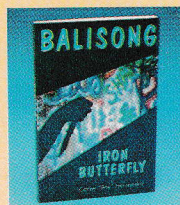
403
Jeet Kune Do—Entering To Trapping To Grappling
By Larry Hartsell
A complete presentation of the use of JKD in the close-in (grappling) range. The author takes a clear-cut, no-nonsense approach to a complex fighting form that incorporates moves from boxing, wrestling, karate, jiu-jitsu, judo, savate, kali, escrima and more.
\$12.95



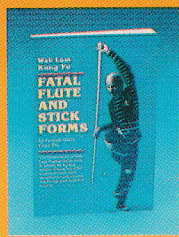
404
Jeet Kune Do - Vol. 2
By Larry Hartsell and Tim Tackett
\$11.95



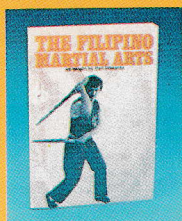
107
Introduction to Ancient Chinese Weapons
By Dr. Yang Jwing-Ming
In this distinguished volume, Dr. Yang Jwing-Ming, scholar, historian, and an expert in both armed and unarmed branches of white crane kung-fu, proceeds to answer the questions: What is the historical background of a weapon? What was its original purpose? What is the difference between a particular weapon and those in other cultures?
\$8.95



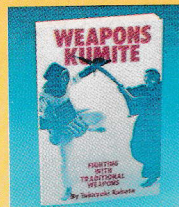
541
Iron Butterfly—Balisong Knife
By Cacoy (Boy) Hernandez
The life and times of a fighting man, the autobiography of a Filipino weapons expert, in which he describes his own personal "balisong" method, and relates his experiences with other fighting systems such as kung-fu and karate. 6x9 approx. 100 pages, full color cover.
\$8.95



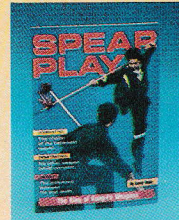
215
Fatal Flute and Stick Forms
By Grandmaster Chan Poi
The Grandmaster of Wah Lum Praying Mantis kung-fu reveals the fighting secrets of kung fu's most ancient, revered — and devastating — weapons in a step-by-step guide to perfect mastery!
\$8.95



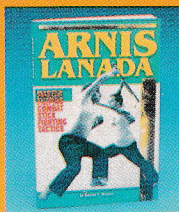
507
The Filipino Martial Arts
By Dan Inosanto
This book provides the reader with a complete understanding of the philosophy, history, strengths, and weaknesses of the fighting systems in which the nunchaku and the double sticks are used. This system is now an intrinsic part of Jeet Kune Do.
\$9.25



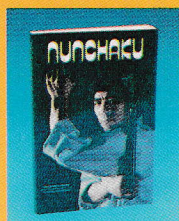
307
Weapons Kumite, Fighting with Traditional Weapons
By Takayuki Kubota
Now you can learn weapons kumite basics and techniques from the Master. Explore with Shihan Kubota the staff vs. staff, staff vs. tonfa, tonfa vs. empty hand, tonfa vs. sword, and other weapons combinations.
\$8.95



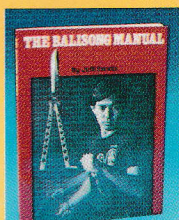
220
Spear Play
By David Huey
The Spear, the supreme fighting tool of the ancient warrior arts, it was unmatched in its dominating, penetrating deadliness! On the battlefield, it was the absolute "king" of long-range weapons. Only the master martial artist could realize its ultimate potential. This is the definitive work on Chinese spearplay — the culmination of one man's dedicated research, analysis and classification.
\$7.95



311
Arnis Lanada
By Amante P. Marinas
For the first time in North America, the skills and techniques of this art are described step-by-step by the American authority on this Filipino stick fighting style.
\$8.95



514
Nunchaku, Dynamic Training
By Hirokazu Kanazawa
The infamous nunchaku is demonstrated by Kanazawa in the stances, striking techniques, formal exercises and applications.
\$10.95



519
The Balisong Manual
By Jeff Imada
The balisong is the latest rage in martial arts weapons; in fact some martial artists are calling it "the nunchaku of the eighties."
\$9.25



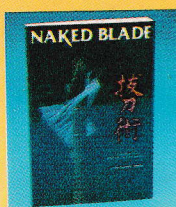
5192
The Advanced Balisong Manual
By Jeff Imada
This sequel to the World's #1 best-selling Balisong manual features: new manipulation techniques, two hand flipping, advanced fighting tips, the latest legal ramifications of the blade, and a complete catalog showing virtually every production balisong on the market with complete specifications.
\$9.95



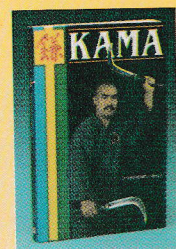
310
Jo—The Japanese Short Staff
By Tom Lang
A guide to mastering the weapon invented — and used — by the only man to defeat Musashi Miyamoto, Japan's greatest swordsman, in combat.
\$12.95



110
Tanto: Japanese Knives and Knife Fighting
By Russell Maynard
The Tanto has become the most popular knife design of the eighties, yet little is known about its 1,000-year-old history. Included are chapters on the history and evolution of traditional blades, as well as modern, American tanto knives and knife fighting techniques.
\$7.95



543
Naked Blade—A Manual of Samurai Swordsmanship
By Toshishiro Obata
\$10.95



546
Kama—Weapon Art of Okinawa
By Toshishiro Obata
\$10.95



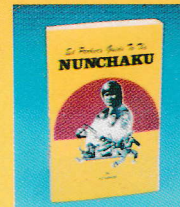
547
Crimson Steel
By Toshishiro Obata
\$10.95



111
Bo—The Japanese Long Staff
By Tadashi Yamashita
Included are chapters on the long and colorful history of this weapon, its stances and forms, techniques and a step-by-step analysis of its modern-day applications.
\$12.95



536
Kubotan Keychain
By Takayuki Kubota
Developed by law-enforcement specialist Takayuki Kubota as a police aid, the "Kubotan Keychain" when used in the manner shown in this training manual, is a superior self-defense implement currently being carried by thousands of informed citizens world-wide. New Edition.
\$8.95



1162
Ed Parker's Guide to Nunchaku
By Ed Parker
\$6.95



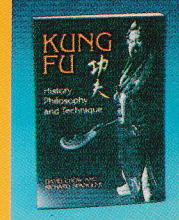
330
Modern American Fighting Knives
By Robert S. McKay
This is the most concise, complete text ever written on the subject. It cuts through all the hype and misinformation to reveal the fundamental truths of modern knife-fighting skills.
\$8.95



1181
T-Hold Kubotan Defense
By Takayuki Kubota
\$3.95



355
The Fighting Weapons of Korean Martial Arts
By In Hyuk Suh and Jane Hallander
\$7.95



103
Kung Fu—History, Philosophy and Technique
By David Chow and Richard Spangler
This book introduces the many different styles of kung-fu and retells the facts of legendary masters.
\$11.50



214
Wing Chun Bil Jee, The Deadly Art of Thrusting Fingers
By William Cheung
\$8.95



201
The Deceptive Hands of Wing Chun
By Douglas Wong
A comprehensive and accurate history of wing chun and its techniques.
\$6.50

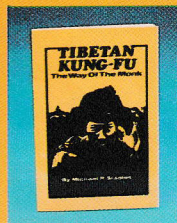


202
Kung Fu, The Way of Life
By Douglas Wong
This book demonstrates the basics of kung-fu from the beginning to the intermediate levels.
\$6.50

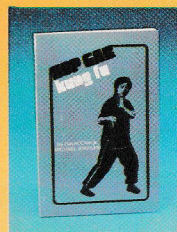
UNIQUE PUBLICATIONS



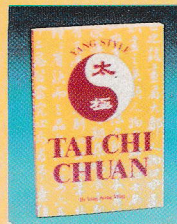
218 Shaolin Five Animals Kung-Fu
By Doc-Fai Wong and Jane Hallander **\$8.95**



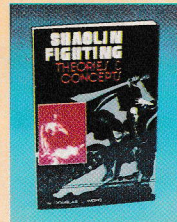
203 Tibetan Kung-Fu. The Way of the Monk
By Michael Staples
This book is a fascinating introduction to the historical, philosophical, and mystical basis of kung fu. **\$5.95**



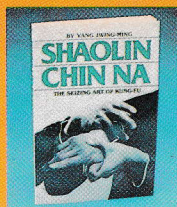
204 Hop Gar Kung Fu
By David Chin and Michael Staples
Hop gar evolved from observing the movements of the apes and the crane. Tibetan origin, used in the Ching dynasty. **\$5.95**



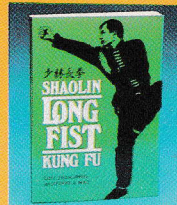
210 Yang Style Tai Chi Chuan
By Yang Jwing-Ming **\$11.50**



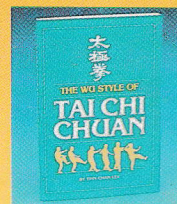
205 Shaolin Fighting. Theories and Concepts
By Douglas Wong
A valuable instructional book on ground fighting, advanced fighting principles, and hand techniques. **\$6.50**



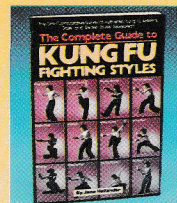
207 Shaolin Chin Na
By Yang Jwing-Ming
A comprehensive book with photos on the fundamentals and advanced chin na techniques, including the secrets of internal power. **\$8.95**



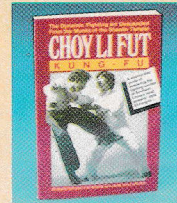
208 Shaolin Long Fist Kung Fu
By Yang Jwing-Ming
This book is a comprehensive guide to the fundamental and intermediate levels of Shaolin long fist kung-fu. **\$11.50**



211 The Wu Style of Tai Chi Chuan
By T.C. Lee
T.C. Lee is a recognized master of the tai chi developed by the famous Wu Kam Chin of Hong Kong, presenting this art to the public for the first time. **\$6.95**



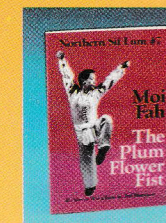
221 The Complete Guide to Kung-Fu Fighting Styles
By Jane Hallander
The only comparative survey of authentic kung-fu systems. Rare and secret styles revealed! **\$7.95**



217 Choy Li Fut
By Doc-Fai Wong and Jane Hallander
A step-by-step guide to mastering the fighting secrets of Southern China's most powerful style of kung-fu. **\$8.95**



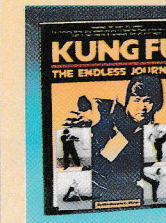
Tao of Wing Chun Do
By James W. DeMile
DeMile explains in precise details the vital preparatory training techniques for developing more speed, power, and explosive intensity.
5031 Volume 1 Part 1 \$6.95
5032 Volume 1 Part 2 \$6.95



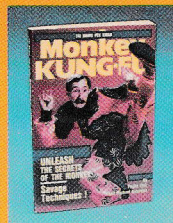
213 Northern Sil Lum #7, Moi Fah, The Plum Flower Fist
By Kwong Wing Lam and Ted Mancuso **\$8.95**



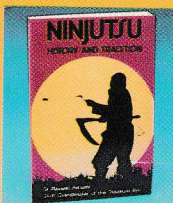
222 Chinese Healing Arts
Edited by William Berk
This is a unique book which blends the ancient with the modern, and prescribes a program to develop and integrate the body and mind. Included is a discussion of taoist sexual control, static and dynamic posturing, internal and external massage or kneading, meditation, respiratory exercises, and acupressure. **\$8.95**



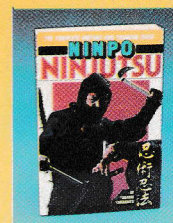
230 Kung-Fu-The Endless Journey
By Sifu Douglas L. Wong
Learn the highly secretive breathing exercises that will cultivate the universal life force known as "chi". Advanced training methods to enhance total physical development, as well as techniques to sharpen your fighting skills are discussed in detail. **\$10.95**



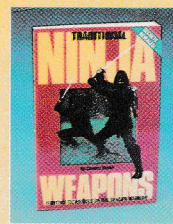
216 Monkey Style Kung-Fu
By Paulie Zink and Michael Gonzalez
Monkey style kung-fu is one of the most unusual and advanced martial arts systems ever developed. As old and exotic as ancient China, its unorthodox and cunningly deceptive techniques are as unstopable as they are strange to behold! **\$8.95**



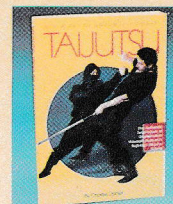
105 Ninjutsu-History and Tradition
By Masaaki Hatsumi
A comprehensive exposition on the history and development of the Japanese martial art of Ninjutsu and its traditions and ethics. **\$9.50**



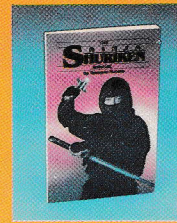
120 Ninpo Ninjutsu: The Complete History and Training Guide
By Tadashi Yamashita **\$9.95**



108 Traditional Ninja Weapons
By Charles Daniel **\$7.95**



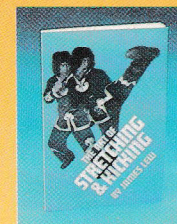
125 Taijutsu: Ninja Art of Unarmed Combat
By Charles Daniel **\$8.95**



560 The Ninja Shuriken Manual
By Takayuki Kubota **\$5.95**



523 Ninja Training Manual
By Yukishiro Sanada **\$10.95**



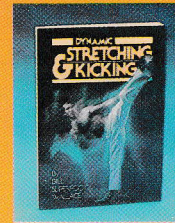
206 The Art of Stretching and Kicking
By James Lew
James Lew shares the secrets of his amazing skill with step-by-step illustrations and instructions. **\$6.50**



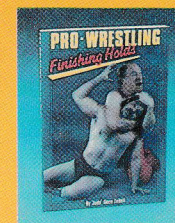
209 Dynamic Strength
By Harry Wong **\$6.95**



402 Training and Fighting Skills
By Benny Urquidez
In his first book on professional karate, "The Jet" instructs the student in the techniques of conditioning, speed, power, timing, endurance, distancing, strategy, and of course, Urquidez' famous fighting techniques. **\$11.50**



405 Dynamic Stretching and Kicking
By Bill "Superfoot" Wallace
This book provides a complete program for reaching the heights of "Superfoot" kicking and flexibility. **\$11.50**



525 Pro-Wrestling Finishing Holds
By "Judo" Gene Lebell **\$10.95**



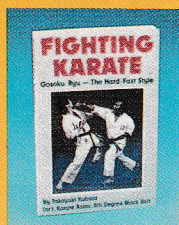
549 Samurai Aikijutsu
By Toshihiro Obata **\$12.95**



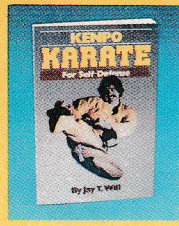
Shotokan Advanced Kata Vols. 1-3
By Keinosuke Enoda
In this three-volume set, Enoda traces the roots of Karate through the practice of forms, each of which has been refined and perfected over the centuries by the practical experience in combat and the dedicated practice of deceased karate masters.
515 Volume 1 \$15.95
516 Volume 2 \$15.95
517 Volume 3 \$15.95



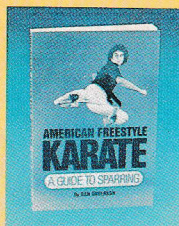
325
Kajukenbo
By Frank Conway
and Jane Hallander **\$8.95**



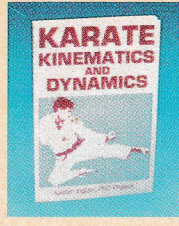
302
Fighting Karate, Gosoku Ryu, The Hard-Fast Style
By Takayuki Kubota
The book covers not only the basic defensive and offensive maneuvers, but provides hard-to-find instructions to cover the fundamentals of this powerful yet flexible art. **\$6.95**



309
Kenpo Karate
By Jay T. Will **\$7.50**



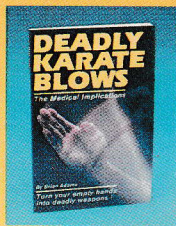
303
American Freestyle Karate: A Guide to Sparring
By Dan Anderson
Dan Anderson, with an impressive tournament record of 60 grand championships, presents a complete and comprehensive guide to his personal brand of karate and sparring methods. **\$7.95**



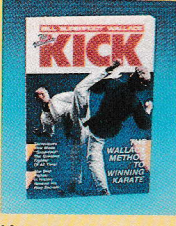
304
Karate Kinematics and Dynamics
By Lester Ingber **\$7.95**



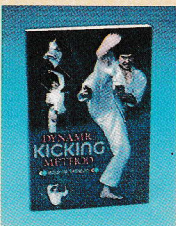
Infinite Insights Into Kenpo Vols. 1-5
By Ed Parker
This is considered one of the most important examinations of a 20th-century martial art. Ed Parker, known as the "Father of American Karate," discusses kenpo's mental stimulation, physical analysis, mental and physical constituents and mental and physical applications.
1132 Volume 1 **\$8.95**
1133 Volume 2 **\$8.95**
1134 Volume 3 **\$9.95**
1135 Volume 4 **\$9.95**
1136 Volume 5 **\$10.95**



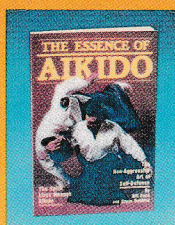
312
Deadly Karate Blows: The Medical Implications
By Brian Adams **\$8.95**



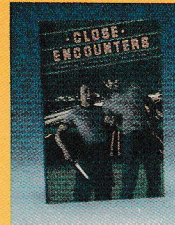
406
The Ultimate Kick
By Bill "Superfoot" Wallace
For the first time, the man they call "Superfoot" reveals his secret ring techniques. Learn how to destroy an opponent before ever throwing a punch. Discover how you can turn three simple kicks and two punches into an arsenal of devastating combinations in competition karate. **\$11.50**



540
Dynamic Kicking Method
By Masafumi Shiomitsu **\$9.95**



320
The Essence of Aikido
By Bill Sosa and Bryan Robbins
Although aikido is sometimes referred to as the "non-fighting art," it has a multitude of effective self-defense techniques. However, you will be taught to respect the body of your opponent. The aikido student searches for eternal harmony and his training has no end. **\$8.95**



550
Close Encounters
By Takayuki Kubota **\$12.95**



508
Man of Contrasts
By Hee Il Cho
One of the finest works ever assembled on the art of tae kwon do, it demonstrates everything from stretching to the most advanced kicking techniques. **\$15.95**



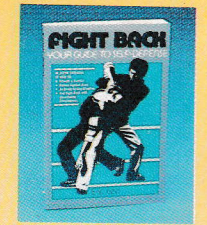
The Complete Tae Kwon Do Hyung
By Hee Il Cho
These three volumes are the most comprehensive and authoritative guide to Tae Kwon Do forms that's ever been published.
530 Volume 1
Basic Chon-ji, Dan-gun, Do-san, Won-hyo, Yul-gok, Joong-gun, Tor-gye. **\$13.95**
531 Volume 2
Hwa-rang, Choong-moo, Gwang-gae, Po-eun, Ge-baek, Yoo-sin, Choong-jang. **\$13.95**
532 Volume 3
Ul-ji, Sam-il, Choi-young, Ko-dang, Se-jong, Tong-il. **\$13.95**



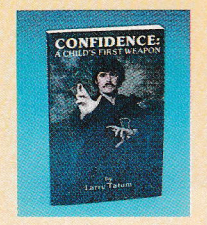
The Complete Martial Artist
By Hee Il Cho
Master Cho, world-renowned martial artist and master instructor, will teach you all of the skills to develop yourself physically, mentally, and spiritually through a new, modern, and scientific approach incorporating hand and foot skills.
5101 Softcover Volume 1 **\$19.95**
5102 Softcover Volume 2 **\$19.95**
5111 Hardcover Volume 1 **\$27.95**
5112 Hardcover Volume 2 **\$27.95**



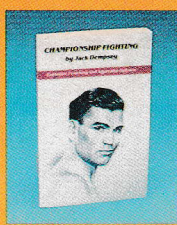
351
Kicking Strategy: The Art of Korean Sparring
By Jun Chong **\$7.95**



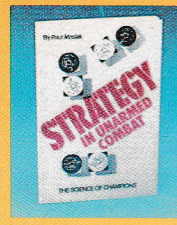
106
Fight Back, Your Guide to Self-Defense
By Eric Lee
This book deals with simple techniques and the psychology of the attacker and the victim. **\$7.95**



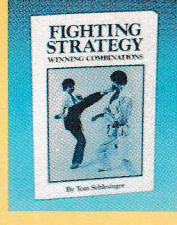
1170
Confidence: A Child's First Weapon
By Larry Tatum
There will come a time when children must stand alone against the world. By training in the principles of kenpo karate, your child will develop a sense of confidence — and you a sense of security. **\$8.95**



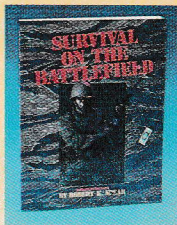
1112
Championship Fighting
By Jack Dempsey
Jack Dempsey, the all-time heavy-weight champion, has written the classic book on boxing. He reveals in stunning detail his winning ring secrets. Clearly written and illustrated, this book helps the reader understand the theory, training and application of powerful punching, aggressive defense, proper stance, feinting, footwork, and the champ's personal formula for success. **\$8.95**



101
Strategy in Unarmed Combat
By Paul Maslak
This book provides a unique, scientific method for developing a winning battle strategy in any situation. **\$7.50**



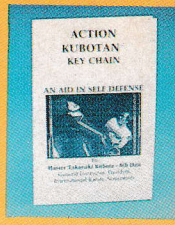
306
Fighting Strategy: Winning Combinations
By Tom Schlesinger
Tom Schlesinger shares his hard-earned knowledge of fighting strategies and bridging the gap between basics and free-styles. **\$6.50**



335
Survival On The Battlefield
By Robert K. Spear
Robert K. Spear, among the most respected military tacticians in the world, discusses how instituting martial arts programs at the grassroots training level would make the U.S. fighting unit stronger. He covers tools and techniques for personal combat, installing martial arts training, and translating personal combat into unit combat to name a few. **\$10.95**



505
Zen In The Martial Arts
By Joe Hyams
The book is composed of insightful, previously unpublished anecdotes relating the author's experience with world famous masters Bruce Lee, Ed Parker, Jim Lau, Mas Oyama, and Gichin Funakoshi. **\$6.95**



1100
Action Kubotan Key Chain
By Master Takayuki Kubota
This book contains techniques for situations that occur when entering a car, opening a door to a stranger, sitting at a bus stop and being attacked from behind. **\$3.95**



632
Commando Fighting Techniques
By Jim Wilson and Paul Evans
The chokes, strangles, breakaways, releases, locks, throws, sweeps, blocks and counters in this extensively illustrated guide incorporate Oriental fighting arts and Western combat schools of self-defense. **\$10.95**



548
When the Going Gets Tough - A Manual of Urban Survival
By Col. M. Smythe
Not for the faint hearted or those of a nervous disposition, the author's unique system of self-defense is simple but appallingly effective. Features masses of photos of militaria including rare Nazi equipment and photos from private collections. **\$7.95**

ORDER FORM

NAME _____		CREDIT CARD NO. _____	
ADDRESS _____		_____	
CITY _____	STATE _____	ZIP _____	INTERBANK NO. _____
SIGNATURE _____		EXP. DATE: MO. _____	YR. _____

☐ CHECK ENCLOSED
 ☐ MONEY ORDER ENCLOSED
 ☐ MASTER CARD
 ☐ VISA

ISBN Prefix: 0-86568

New Titles:

319	Aikido-Traditional and New Tomiki Free Fighting Method	(144-9)	10.95	1134	Infinite Insights Into Kenpo — 3	(108-2)	9.95
584	Complete Black Belt Hyung W.T.F., The	(143-0)	15.95	1135	Infinite Insights Into Kenpo — 4	(125-2)	9.95
415	Complete Iron Palm, The	(131-7)	10.95	1136	Infinite Insights Into Kenpo — 5	(126-0)	10.95
581	Complete Master's Jumping Kick, The	(140-6)	16.95	107	Intro. To Ancient Chinese Weapons	(052-3)	8.95
580	Complete Master's Kick, The	(139-2)	16.95	541	Iron Butterfly-Balisong Knife	(070-1)	8.95
582	Complete One & Three Step Sparring, The	(141-4)	16.95	506	Jeet Kune Do — The Art & Philosophy	(110-4)	10.95
583	Complete Tae Geuk Hyung W.T.F., The	(142-2)	15.95	526	Jeet Kune Do Kickboxing	(120-1)	10.95
323	Japanese Swordsmanship	(137-6)	10.95	403	Jeet Kune Do — Enter, Trap, Grappling	(051-5)	12.95
420	Jean Frenette's Complete Guide to Stretching	(145-7)	10.95	404	Jeet Kune Do-Vol. 2	(081-7)	11.95
121	Nunchaku: The Complete Training Guide. The	(091-4)	9.95	509	JKD V. 1 — Guide To Martial Arts Training	(116-3)	10.95
				518	JKD V. 2 — Absorb What Is Useful	(109-0)	10.95
				310	JO: The Japanese Short Staff	(058-2)	12.95
				528	Jun Fan/Jeet Kune Do — The Textbook	(146-5)	14.95
				325	Kajukenbo	(096-5)	8.95
				546	Kama—Okinawan Weapon Art	(129-5)	10.95
				304	Karate Kinematics & Dynamics	(025-6)	7.95
				309	Kenpo Karate For Self Defense	(057-4)	7.50
				351	Kicking Strategy	(037-X)	7.95
				536	Kubotan Keychain	(068-X)	8.95
				230	Kung Fu, The Endless Journey	(087-6)	10.95
				202	Kung Fu, The Way Of Life	(003-5)	6.50
				103	Kung Fu, History, Philosophy, & Techniques	(011-6)	11.50
				145	Making Of "Enter The Dragon"	(098-1)	12.95
				508	Man Of Contrast	(039-6)	14.99
				330	Modern American Fighting Knives	(086-8)	8.95
				216	Monkey Style Kung Fu	(061-2)	8.95
				543	Naked Blade-A Man, Samurai Swdm	(099-X)	10.95
				534	Ninja Death Vow	(066-3)	8.95
				560	Ninja Shuriken Manual, The	(122-8)	5.95
				539	Ninja Star, The	(067-1)	7.95
				545	Ninja Sword	(100-7)	8.95
				523	Ninja Training Manual	(118-X)	10.95
				105	Ninjutsu, History & Tradition	(027-2)	9.50
				120	Ninpo Ninjutsu	(084-1)	9.95
				213	Northern Sil Lum #7, Moi Fah,	(044-2)	8.95
				514	Nunchaku — Dynamic Training	(038-8)	10.95
				525	Pro-Wrestling, Finishing Holds	(119-8)	10.95
				535	Revenge Of The Shogun Ninja	(053-1)	8.95
				549	Samurai Aikijutsu	(135-X)	12.95
				513	Shadow Of The Ninja	(036-1)	8.95
				207	Shaolin Chin Na	(012-4)	8.95
				218	Shaolin Five Animals Kung Fu	(080-9)	8.95
				205	Shaolin Ftg-Theories & Concepts	(006-X)	6.50
				208	Shaolin Long Fist Kung Fu	(020-5)	11.50
				220	Spearplay	(073-6)	7.95
				101	Strategy In Unarmed Combat	(000-0)	7.50
				335	Survival On The Battlefield	(093-0)	10.95
				1181	T-Hold Kubotan Defense	(111-2)	3.95
				125	Taijutsu: Unarmed Combat Ninja	(085-X)	8.95
				110	Tanto: Japan. Knives & Knife Fighting	(078-7)	7.95
				5031	Tao Of Wing Chun Do — Vol. 1 Pt. 1	(113-9)	6.95
				5032	Tao Of Wing Chun Do — Vol. 1 Pt. 2	(114-7)	6.95
				203	Tibetan KF — The Way Of The Monk	(004-3)	5.95
				108	Traditional Ninja Weapons	(075-2)	7.95
				402	Training & Fighting Skills	(015-9)	11.50
				406	Ultimate Kick, The	(088-4)	11.50
				307	Weapons Kumite	(042-6)	8.95
				102	What The Masters Know	(001-9)	7.50
				548	When The Going Gets Tough	(127-9)	8.95
				214	Wing Chun — Bil Gee	(045-0)	8.95
				211	Wu Style Tai Chi Chuan	(022-1)	6.95
				210	Yang Style Tai Chi	(023-X)	11.50
				505	Zen In The Martial Arts	(115-5)	6.95

Currently Available Titles:

1100	Action Kubotan Booklet	(101-5)	3.95	1134	Infinite Insights Into Kenpo — 3	(108-2)	9.95
5192	Advanced Balisong Manual	(117-1)	9.95	1135	Infinite Insights Into Kenpo — 4	(125-2)	9.95
515	Advanced Shotokan Kata — Vol. 1	(046-9)	15.95	1136	Infinite Insights Into Kenpo — 5	(126-0)	10.95
516	Advanced Shotokan Kata — Vol. 2	(047-7)	15.95	107	Intro. To Ancient Chinese Weapons	(052-3)	8.95
517	Advanced Shotokan Kata — Vol. 3	(048-5)	15.95	541	Iron Butterfly-Balisong Knife	(070-1)	8.95
303	American Freestyle Karate	(021-3)	7.95	506	Jeet Kune Do — The Art & Philosophy	(110-4)	10.95
311	Arnis Lanada — Vol. 1	(060-4)	8.95	526	Jeet Kune Do Kickboxing	(120-1)	10.95
206	Art Of Stretching & Kicking, The	(007-8)	6.50	403	Jeet Kune Do — Enter, Trap, Grappling	(051-5)	12.95
5191	Balisong Manual, The	(102-3)	9.25	404	Jeet Kune Do-Vol. 2	(081-7)	11.95
111	BO: The Japanese Long Staff	(082-5)	12.95	509	JKD V. 1 — Guide To Martial Arts Training	(116-3)	10.95
144	Bruce Lee — The Biography	(133-3)	12.95	518	JKD V. 2 — Absorb What Is Useful	(109-0)	10.95
401	Bruce Lee, The Untold Story	(009-4)	4.95	310	JO: The Japanese Short Staff	(058-2)	12.95
502	Bruce Lee's 1 & 3" Power Punch	(112-0)	3.95	528	Jun Fan/Jeet Kune Do — The Textbook	(146-5)	14.95
550	Close Encounters	(136-8)	12.95	325	Kajukenbo	(096-5)	8.95
1112	Championship Fighting	(124-4)	8.95	546	Kama—Okinawan Weapon Art	(129-5)	10.95
217	Choy Li Fut Kung Fu	(062-0)	8.95	304	Karate Kinematics & Dynamics	(025-6)	7.95
632	Commando Fighting Techniques	(103-1)	10.95	309	Kenpo Karate For Self Defense	(057-4)	7.50
221	Complete Kung Fu Fighting Guide	(065-5)	7.95	351	Kicking Strategy	(037-X)	7.95
5111	Complete M.A. — Vol. 1 (Hard), The	(033-7)	27.95	536	Kubotan Keychain	(068-X)	8.95
5101	Complete M.A. — Vol. 1 (Soft), The	(031-0)	19.95	230	Kung Fu, The Endless Journey	(087-6)	10.95
5112	Complete M.A. — Vol. 2 (Hard), The	(034-5)	27.95	202	Kung Fu, The Way Of Life	(003-5)	6.50
5102	Complete M.A. — Vol. 2 (Soft), The	(032-9)	19.95	103	Kung Fu, History, Philosophy, & Techniques	(011-6)	11.50
530	Complete Tae Kwon Do — Vol. 1, The	(054-X)	12.95	145	Making Of "Enter The Dragon"	(098-1)	12.95
531	Complete Tae Kwon Do — Vol. 2, The	(055-8)	12.95	508	Man Of Contrast	(039-6)	14.99
532	Complete Tae Kwon Do — Vol. 3, The	(056-6)	12.95	330	Modern American Fighting Knives	(086-8)	8.95
1170	Confidence: A Child's 1st Weapon	(072-8)	8.95	216	Monkey Style Kung Fu	(061-2)	8.95
547	Crimson Steel	(128-7)	10.95	543	Naked Blade-A Man, Samurai Swdm	(099-X)	10.95
201	Deceptive Hands Of Wing Chun, The	(002-7)	6.50	534	Ninja Death Vow	(066-3)	8.95
312	Deadly Karate Blows	(077-9)	8.95	560	Ninja Shuriken Manual, The	(122-8)	5.95
540	Dynamic Kicking Method	(069-8)	10.95	539	Ninja Star, The	(067-1)	7.95
544	Dynamic Power Of Karate	(121-X)	15.95	545	Ninja Sword	(100-7)	8.95
405	Dynamic Stretching & Kicking	(018-3)	11.50	523	Ninja Training Manual	(118-X)	10.95
209	Dynamic Tension	(013-2)	6.95	105	Ninjutsu, History & Tradition	(027-2)	9.50
1162	Ed Parker's Guide To The Nunchaku	(104-X)	6.95	120	Ninpo Ninjutsu	(084-1)	9.95
320	Essence Of Aikido	(097-3)	8.95	213	Northern Sil Lum #7, Moi Fah,	(044-2)	8.95
215	Fatal Flute And Stick Forms	(059-0)	8.95	514	Nunchaku — Dynamic Training	(038-8)	10.95
106	Fight Back — Your Guide To Self Defense	(028-0)	7.95	525	Pro-Wrestling, Finishing Holds	(119-8)	10.95
302	Fighting Karate — Gosoku Ryu	(010-8)	6.95	535	Revenge Of The Shogun Ninja	(053-1)	8.95
306	Fighting Strategy — Winning Combinations	(035-3)	6.50	549	Samurai Aikijutsu	(135-X)	12.95
355	Fighting Weapons Of Korean Martial Arts	(076-0)	7.95	513	Shadow Of The Ninja	(036-1)	8.95
507	Filipino Martial Arts, The	(105-8)	9.25	207	Shaolin Chin Na	(012-4)	8.95
360	Hapkido	(079-5)	8.95	218	Shaolin Five Animals Kung Fu	(080-9)	8.95
204	Hop Gar Kung Fu	(005-1)	5.95	205	Shaolin Ftg-Theories & Concepts	(006-X)	6.50
1132	Infinite Insights Into Kenpo — 1	(106-6)	8.95	208	Shaolin Long Fist Kung Fu	(020-5)	11.50
1133	Infinite Insights Into Kenpo — 2	(107-4)	8.95	220	Spearplay	(073-6)	7.95
				101	Strategy In Unarmed Combat	(000-0)	7.50
				335	Survival On The Battlefield	(093-0)	10.95
				1181	T-Hold Kubotan Defense	(111-2)	3.95
				125	Taijutsu: Unarmed Combat Ninja	(085-X)	8.95
				110	Tanto: Japan. Knives & Knife Fighting	(078-7)	7.95
				5031	Tao Of Wing Chun Do — Vol. 1 Pt. 1	(113-9)	6.95
				5032	Tao Of Wing Chun Do — Vol. 1 Pt. 2	(114-7)	6.95
				203	Tibetan KF — The Way Of The Monk	(004-3)	5.95
				108	Traditional Ninja Weapons	(075-2)	7.95
				402	Training & Fighting Skills	(015-9)	11.50
				406	Ultimate Kick, The	(088-4)	11.50
				307	Weapons Kumite	(042-6)	8.95
				102	What The Masters Know	(001-9)	7.50
				548	When The Going Gets Tough	(127-9)	8.95
				214	Wing Chun — Bil Gee	(045-0)	8.95
				211	Wu Style Tai Chi Chuan	(022-1)	6.95
				210	Yang Style Tai Chi	(023-X)	11.50
				505	Zen In The Martial Arts	(115-5)	6.95

SHIPPING CHARGES

Shipping and Handling: 1 Book — \$1.50. 2-3 Books — \$2.00. 50¢ for each additional book.

Foreign Countries: Please submit international money order or bank draft payable in U.S. funds. Add \$2.00 for first item plus 75¢ for each additional item for postage and handling. Prices subject to change without prior notice.

SEND TO:

UNIQUE PUBLICATIONS
4201 Vanowen Place, Burbank, CA 91506

Inside Kung-Fu

THE SEQUEL: Filming was scheduled to begin Jan. 23 on *Kickboxer II* starring Jean Claude Van Damme. Produced by Kings Road Entertainment, the film will be a continuation of the original ... also on the Van Damme front, execs were looking for a female lead to star with Van Damme. Among those mentioned early on were Sophia Loren and Sybil Danning. The choice Debra Rinard, who plays a secretary on "Dallas" ... **BEST WISHES:** our deepest wishes for a speedy recovery go to Eric Wallace, 17-year-old son of Bill "Superfoot" Wallace, who was seriously injured while playing football for his high school team. The young Wallace, a straight-A student, recently was accepted into the Air Force Academy ... *China Sports*, the all-sports magazine of China, is con-

movie will bog him down ... **NEW FEDERATION:** The new *American Wushu Association*, unhappy with Nick Gracenin's U.S. Wushu Federation, is hoping to gain support for a new governing body. A tournament was scheduled recently in New York, with support promised from the West Coast ... **AAU REJUVENATION:** Ever since *IKF* columnist Glenn C. Hart was charged with attracting kung-fu practitioners into the AAU fold, there has been a push to bring Chinese-style martial artists into the mainstream. The latest man with a mission is Phillip Starr of Omaha, Neb. We wish him good luck. He'll need it to bring together the various splinter groups ... **MASTER MASTER:** Baton Rouge, La., white crane instructor Lou Illar currently is attending Ohio Uni-



sidering expanding its distribution area to include the United States. It will feature a greater emphasis on martial arts. No newsstand date has been set, nor is there any mention of publishing regularly. **MERGER:** There's some surface talk about a merger between the *Professional Karate Association* and the *North American Sport Karate Association*. Talk about strange bedfellows. These guys have been at each other's throats from the get-go. And get this! Mike Sawyer is involved, so expect to see some fireworks before the sides go their separate ways ... **THE BEST:** Although the reviews of *The Best of the Best* have not been very good, star martial artist Philip Rhee has picked up some favorable press. Too bad the rest of the

versity in Athens. Illar is working on a martial arts screenplay as well as his third master's degree. While in Athens, he's had the pleasure of training closely with Dr. Maung Gyi, the country's reclusive, but still top bando master. ... **MOVIE DEAL:** Beverly Hills instructor Emil Farkas is off to Hong Kong in search of a bankroll for several martial arts movie projects. Also in Hong Kong is *IKF* columnist Cynthia Rothrock, who is completing a multi-picture deal ... **CONGRATS:** Our heartiest congratulations go out to producer/director/actor Samo Hung (*Eastern Condors*) and Joyce Godenzi, who have announced their intention to be man and wife. Godenzi is one of Hong Kong's top box-office draws ... *Happy New Year!*

Starr Named AAU Kung-Fu Chairman

OMAHA, Neb. — Phillip Starr, chief instructor of the Omaha Kung-Fu Institute, and 30-year kung-fu veteran, was recently appointed co-chairman to the AAU Kung-Fu Committee at the National Convention of the Amateur Athletic Union held in Buffalo, N.Y.

One of Starr's primary duties is to develop rules for AAU kung-fu competition throughout the U.S. He plans to meet with well-known kung-fu promoters and instructors around the country to discuss plans for development of these rules and to encourage new growth in the AAU's kung-fu program.

Starr says that through the AAU, strong kung-fu programs can be developed in each state to form a nationwide kung-fu program. Each state will have a kung-fu chairperson who will encourage growth of traditional kung-fu and put together a state championship tournament. Regional directors will be appointed to direct regional championships and to train and certify officials and coaches. National chief officials and head coaches will also be appointed to help develop the program.

According to Starr, "Throughout most of the U.S., kung-fu competitors have to compete in karate tournaments where their techniques and forms are not well-understood and they are usually judged by karateka who have little or no knowledge of traditional kung-fu. The kung-fu tournament recently held in Houston was a good start. There we had kung-fu practitioners judging kung-fu competitors. Through AAU, we can develop traditional kung-fu programs in each state and we can hold our own tournaments with trained officials."

Starr believes that with the right leadership, determination, and courage, this could grow into the largest kung-fu organization in the U.S.

Those interested in helping develop this program should contact Starr at 6056 Maple St., Omaha, NE 68104; (402) 556-1025.

IKSA Colorado Gets Injunction

DENVER, Colo. — After a two-day hearing in U.S. District Court

here, Judge Weinschenk issued a preliminary injunction against Mike Sawyer and his Florida corporation, ISKA, Inc., in favor of the IKSA whose members are John Worley, Jim Butin, Karyn Turner, Tony Thompson, Scott Coker, and Hilary Sandoval.

The court ordered effective immediately that Sawyer and his Florida corporation are enjoined and restrained from using the name ISKA in connection with business activities and further ordered that they are enjoined and restrained from interfering in any way whatsoever with the association's use of the name and logo.

Giles Takes 2nd Northeastern Title By Marilyn Fierro

LONG ISLAND, N.Y. — A tournament, like a well-choreographed dance routine, takes months of planning and years of practice to perfect. The Nick Adler's Northeastern Open Karate Championships here recently demonstrated the kind of flow and planning that has evolved since its first event 13 years ago.

Each year at his tournament Adler selects several style representatives as recipients of his "Samurai Spirit" award. This notable award recognizes the accomplishments of these individuals to the martial arts community. This year's recipients were: John Olshlager, jujitsu; John and Howard Chung, tae kwon do; and Ralph Passero, karate.

Eric San Jose, open forms winner, displayed sharpness of movement well-timed to his musical kata. Additional first place black-belt winners included: Maria Rodriguez in both women's kata and kumite; sr. kata, Joe Corey; traditional kata, Marvin Carmona; senior sparring, Hector Santiago; sr. weapons, Randy Wirtenson; and self-defense, John Olshlager.

In all, over 208 trophies and 200 runner-up ribbons were awarded during the day's events. The final event of the day was the grand championship match. This was a close battle between light heavyweight winner Paul Edwards, who had defeated heavyweight John Benedict 3-1, and middleweight Eddie Giles, who aced lightweight Moses Arocho, 3-0. Punches were exchanged bringing the score to 3-3 with one out-of-bounds call on

each player. A Giles backfist brought it to 4-3 but Edwards tied it again. Giles launched a final lunge punch to Edwards' ribs, scoring the winning point \$100 and six-foot Grand Champion trophy. It was Giles' second Northeastern title.

Great Grandmaster Makes First Visit to U.S.

SAN DIEGO, Calif. — White Dragon Schools recently hosted a seminar with choy li fut and tai chi great grandmaster Hu Yuen Chou of Hong Kong.

The seminar topics included: Yang style tai chi form training; single and double push hands; choy li fut fighting techniques and Wu-dan straight sword training. The event, attended by over 70 students and instructors, was sponsored by the school's chief instructor, Nathan Fisher, and was translated by grandmaster Doc-Fai Wong.

Having studied with Chan Yiu Chi, the grandson of choy li fut's founder, and Yang Cheng Fu, the father of Yang style tai chi, Hu Yuen-Chou is one of the highest authorities in the world on these arts. The 85-year-old great grandmaster stresses the teaching of choy li fut and tai chi to create a balance between external and internal martial arts training. He feels it is this combination of internal and external practice that leads to optimum health and longevity, as well as devastating self-defense capabilities.

This was the great grandmaster's first trip to the U.S.

Wedlake Displays Parker Techniques

SAUGUS, Mass. — Lee Wedlake Jr. of Chicago recently held a seminar on basics and principles of American Parker Kenpo Karate in New Hampshire and Rhode Island.

Wedlake, a fifth-degree black belt and Midwest representative for the International Kenpo Karate Association, has also been a longtime student of grandmaster Ed Parker. His teaching helped the people in the New England area to be more conscious of the fine detail involved in the Parker kenpo system. The events were coordinated by New England IKKA Director Tony Cogliandro. The



New Hampshire seminar was held by Steve White and Don Mackay, both IKKA representatives for New Hampshire/Maine/Vermont, and the Rhode Island seminar was hosted by Don Rodrigues, Rhode Island IKKA representative. Anyone interested in joining the IKKA or training in Parker kenpo can contact Tony Cogliandro at (617) 233-8135.

Dillman Tours Central States

ST. CLOUD, Minn. — Jack and Beverly Gustafson recently sponsored a two-day pressure point seminar with George Dillman here. One day consisted of weapons forms and their application to pressure points and with the healing and restoration of energy after being struck. The second day was spent with the application of pressure points in the kata naihan-chi (*tekki*). More than 50 people attended the seminar from ryukyu kempo, shotokan, isshin ryu, chuan fa, tae kwon do, and kwan Shaolin kung-fu schools from Minnesota, Wisconsin, Illinois and Massachusetts. Students watched and studied as Dillman explained and videotaped the proper angle and direction of kata moves for self-defense.

Continuing his tour of the Central states, Dillman also was at Bob Golden's Karate School in Channahon, Ill., Art Smith's Karate School in Lockport, Ill., and finally in Minooka, Ill., at Bill Bursch's School of Karate.

Inosanto Seminar Features Blend of Many Arts

IRVING, Texas — During a two-day seminar, Dan Inosanto blended empty hand, single stick, espada y daga, footwork, trapping and knife drills with Jun Fan concepts, kali and pentjak silat.

Inosanto emphasized foot sectoring and body levers from the arts of kali and pentjak silat. When these principles are properly executed they place the practitioner in a superior position, allowing sweeps and throws of a much larger opponent.

Two local JKD concepts/kali instructors attended the seminar. Mike Knauff, an associate instructor under Inosanto, teaches at Rick Fowler's Chinese Kenpo School in Irving, and Ray Medina, apprentice instructor under Paul Vunak, presently instructs at the Denton Academy of Martial Arts.

A seminar with Inosanto is scheduled in February, 1990. For

more information, contact Rick Fowler at (214) 258-8314.

Lacy's Seminar Aids Seniors

EUREKA, Calif. — The senior citizens of this city gave a warm reception to the latest addition of grandmaster Jim Lacy's Self Defense for Seniors program.

In a classic reunion of martial spirit, two traditional friends renewed old alliances as the Northcoast Wing Tsun School, under the guidance of grandmaster J. Lacy, and the auspices of grandmaster Doo Wai of the Bak Fu Pai White Tiger Gung Fu Association, presented the first of what promises to be an ongoing community service program.

Si hing Dennis Bone (International Wing Tsun Martial Art Association), one of grandmaster Leung Ting's newest instructors, and several of his students gave a mini-workshop to over 30 seniors at the Eureka Senior Citizens Resource Center on self-defense tips that ranged from simple nuisance-style defenses to life-and-death situation defenses.

Adler Camp Grows In Size, Quality

LONG ISLAND, N.Y. — The Nick Adler's Centurions Summer Camp, now in its third year, continues to grow in both size and quality. Practitioners traveled from Pennsylvania, Virginia, Connecticut, Chicago, New Jersey and New York for the training.

Format for the weekend offered 13 hours of training with a choice of curriculum. Subjects covered included; weapons kata, weapons sparring, jitsu from kata — street defense, basic stances, strength and conditioning exercises, knife defense, angles of attack, footwork, kotekitai, blocking drills, distancing and timing drills, competition sparring and competition form.

Camp director, karate/kobudo expert Nick Adler, discussed the many variations and styles involved when using bo, sai, and tonfa in a combat situation. Strong points and liabilities of the weapons as well as the type of body management necessary for each weapon were taught. Drills for both weapons and empty-hand techniques were introduced to the students. Participants were encour-

Continued on page 17

WTN KUNG FU PRODUCTIONS

Quality Video Tapes Since 1983

HUNG GAR

Master Kwong Wing Lam is an exceptional martial artist recognized as both an expert in Hung Gar and Northern Shaolin and as an author of Martial Arts textbooks. Master Lam has been teaching in this country since 1966 after moving to the San Francisco Bay area from China, and is widely known for his expertise and traditional teaching methods.

- HG1 Gung Gee Fook Fu Kuen
- HG2 Lau Gar Fist Set
- HG3 Tiger-Crane Form
- HG4 Tiger-Crane Two Man Sparring Set
- HG5 5 Animals-5 Elements Set
- HG6 Iron Thread Set
- HG7 Butterfly Swords
- HG8 Monkey Stick Set

\$39.95 EACH
2 for \$75.00



Kwong Wing Lam

NORTHERN SHAOLIN

At last the complete 10 famous forms of the **Shaolin Temple** are available on instructional video tape. These traditional forms are presented in their classical form by **Master Kwong Wing Lam** and are truly spectacular.

- | | |
|----------------|----------------|
| SL #1 Koy Moon | SL #6 Tun Da |
| SL #2 Leng Low | SL #7 Moi Fah |
| SL #3 Jou Mah | SL #8 Bot Bo |
| SL #4 Chum Sam | SL #9 Lien Wan |
| SL #5 Mo I | SL #10 Sik Fot |

\$39.95 EACH
2 for \$75.00

SHAOLIN

These Shaolin forms are taught by Chinese Master **Woo Tchi Nyu** who studied under the famous Master Chan Kowk Wai. These are excellent forms for Tournament and fighting purposes.

EMPTY HAND AND WEAPONS FORMS \$39.95 EACH
2 for \$75.00

- | | | | |
|---------------|--------------------|-----------------------|---------------|
| Ling Po | SNAKE | Chinese Gik | Saber |
| Tantui Ten | Tiger One | Cane | Double Saber |
| Tantui Twelve | Tiger Two | Flute | Long Staff |
| Tsa Kuen | Eagle Claw | Whip Chain | Spear |
| Lohan | Yohan | Kwan Do | Dagger |
| Monkey | Shaolin Techniques | Three Sectional Staff | Double Dagger |

MUAY THAI

Thai Boxing is taught by **Master Surachi Sirisute** in a two-part series of video tapes. Master "Chai" who is the founder and President of the Thai Boxing Association of the U.S.A. and the coach of the U.S.A. Thai Boxing Team, demonstrates step-by-step the techniques of this art that rank it as one of the most feared martial arts now being taught.

ORDER: THAI BOXING BASIC \$39.95
ADVANCED \$39.95



Surachi Sirisute

SEVEN STAR PRAYING MANTIS

Master Cheng Luen Chuen ("Al" Cheng) is an internationally known practitioner of the Praying Mantis System and a disciple of the famous Mantis King - Wong Hon Fun. These are exceptionally well done forms that clearly show this devastating fighting system.

\$39.95 EACH
2 for \$75.00

EMPTY HANDS FORM

- | | |
|----|-------------------|
| M1 | Bung Bo Kuen |
| M2 | Sup Pa Sao |
| M3 | Chop Choy |
| M4 | Buck Yuen Tow Toe |
| M5 | Sao Lo Bung Da |
| M6 | Mue Fa Sao |
| M7 | Mue Fa Loc |

CHOY LI FUT

Master Doc-Fai Wong, internationally acclaimed martial artist and author, presents classic and rare forms from the **Choy Li Fut** system. A fifth generation disciple of this art, **Master Wong** presents forms that are difficult to find.

- CL1 Small Plum Blossom Form
- CL2 Cross Pattern Tiger Blocking Form
- CL3 Small Cross Pattern Form
- CL4 Righteous and Strong Pa Kwa Form
- CL5 Buddha Palm Form
- CL6 Farmer's Hoe
- CL7 Plum Blossom Double Hook Swords
- CL8 Hand Breaking Fan
- CL9 Pa Kwa Butterfly Knives
- CL10 Tiger Taming Broad Sword
- CL11 Double and Single Ended Long Staff

\$39.95 EACH
2 for \$75.00



Doc-Fai Wong

WU TANG

KWEN WU

SWORD FORM:

LEE PEE:

TANG LANG HAND:

TZAI KWAY:

MI TSUNG TWO:

\$39.95 EACH
2 for \$75.00

This famous double edged sword form is a very powerful and effective "strategic weapon" form.

This is a very powerful form from the BaBo Praying Mantis System.

This "instructor's form" employs many throw in addition to the "slapping hand" of Praying Mantis.

This 7-star Mantis Form is very old and taught to long-time disciples of the Master. It is a "closed-door" form.

This highly recommended form is extremely involved with beautiful techniques and is known as "Lost Track Form."

ORDER:
WT-1

ORDER:
WT-2

ORDER:
WT-3

ORDER:
WT-4

ORDER:
WT-5

Send check or money order to:

WTN
Kung Fu Productions
P.O. Box 573
Perrysburg, Ohio 43551

VHS ☐
BETA ☐

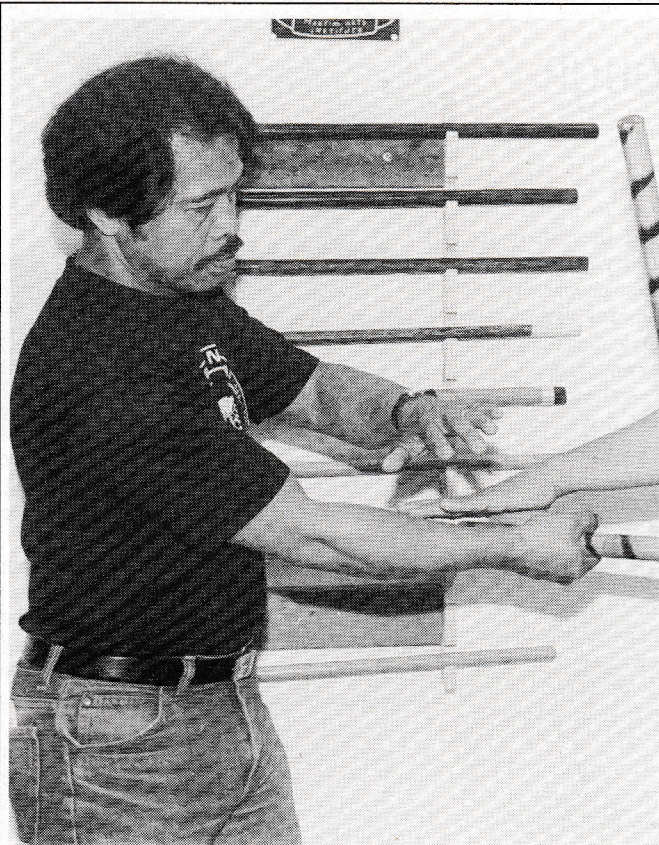
Name _____
Address _____
City _____ State _____
Zip _____ Phone _____
Titles _____

CALL 419/874-3051
for VISA or
MASTERCARD Orders

Amount _____
Handling \$5.00
Ohio Residents
Add 6% Tax _____
TOTAL _____

TAI CHI TAPES ALSO AVAILABLE

For information on these or other forms please write or call.



aged to train as realistically as possible to develop quick reflexes in a pressure situation.

Two nights of promotion testing also were held. Promoted to shodan were Alex Gesty and Joey Speyer. Shodan Ho was Ryan Ahmes, who at 11 years old was the youngest student to ever achieve this rank in the Nick Adler's Centurions. Brown-belt levels were awarded to: Doug Prato, Adam Prato and Anthony Rodia. Promoted to sandan was John Winn, and to the rank of godan was Marilyn Fierro, Rick Adler and Ray Bradley.

Anyone interested in hosting a Nick Adler seminar or participating in the next Nick Adler's Centurions camp can write to him at Holbrook Karate Academy, 310 Main St., Holbrook, NY 11741; (516) 585-2632.

Farkas Forms Film Company

BEVERLY HILLS, Calif.

Noted martial artist and author Emil Farkas has formed a production company with local financier Martin Scott. Called Action Pictures International, the company will produce its first feature film, *Terror At Snake River*, this winter. Farkas also is busy at work co-

authoring a book with top martial arts film star Cynthia Rothrock.

Canete Gives Eskrima Seminar

NEW YORK, NY — The doce pares club of New Jersey, under the auspice of Arnulfo "Dodong" Cuesta, hosted a seminar held by master Dionisio Canete here recently.

The day-long affair brought together practitioners from other arnis styles, as well as from other martial arts. Such notables from the Filipino martial arts included: Burt Richardson (Inosanto Academy, Marina del Rey); Mike Berkeley and Tony Carbonell (pekiti tirsia); Tom Macaluso and Jim Curtin (JKD/kali/silat); Agapito Gonzales (pekiti tirsia and wing chun); and Dr. Armand Tabo-tabo (doce pares).

Master Canete demonstrated his techniques using the single stick, double baston, espada y daga, as well as empty-hand techniques and knife applications.

For information on future seminars (doce pares) call Dong Cuesta at (201) 792-5792 or Ricky Kintanai at (212) 308-2190



TUITE

CAVITY STRIKES

NERVE ATTACKS

REAL SECRETS on this 4-set course

- ✓ Dan Inosanto: "Very Educational and Informative. A definite must for martial artists to view."
- ✓ Karate Magazines have said "Dillman will totally change the way future generations learn Karate."
- ✓ Willie Lim, 6th Dan TKD: "Dillman tapes gave me insight into karate which has made the last 25 years worth while."

ALSO ON PAL FORMAT
AT \$250.00 U.S.A.



Dillman with a touch knocks out larger opponent.

PRESSURE POINTS

1. Years of work and study went into this 4-tape course.
2. Worth twice the price.

\$250.00

SPECIAL OFFER

\$210.00

All 4 tapes includes postage.

\$67.50 each



Dillman shows "pressure points" that work.

Tape #1

How moves are hidden, plus grappling breakdown of common moves in all styles. (Nerve Attacks)

Tape #2

KATA SEIUCHIN, the form and breakdown. Grappling, pressure points. (Tuite)

Tape #3

The PINAN (Heian) 1 thru 4. A hard-hitting explanation: grappling, and pressure points. Useful breakdown included. Not Sport Karate!

Tape #4

STANCES, FOOTWORK, POWER, EYE AND HAND COORDINATION. Pressure points of the foot and leg. A tape for the serious martial artist!

NOTE: Any of the moves that involve a form, are included for the express purpose of your finding these secrets within your own style. You are NOT to use these techniques without an instructor—use restraint.

Each tape better than 70 minutes (VHS)

George A. Dillman



R.D. #1, BOX 7780 IKF
READING, PA 19607-9744

**VIDEO or
SEMINAR
INFO CALL:
(215)
376-3337**

DYNAMIC NEW RELEASE

FROM PAUL VUNAK



"JEET KUNE DO,



ultimately, is not a matter of petty technique, but a highly developed personal spirituality and physique. JKD is not a matter of technology, but of spiritual insight and training."

—BRUCE LEE

"Used properly the martial arts are subtle forms of fitness, skillful body movement, coordination, balance, flexibility and discipline.

—DAN INOSANTO



"It's a familiar and tragic-comic tale: a black belt with years of training is easily beaten in a fight by an unschooled streetfighter. It is my purpose in this tape to help you avoid becoming a martial artist who knows techniques, but cannot fight with them. Regardless of your style, techniques do not win a street fight. The victor is the fighter who possesses the superior mix of attributes, the qualities of killer instinct, sensitivity, timing, reflexes, speed, power, etc. This is what made Bruce Lee what he was, and this is why JKD is so difficult to convey to the public. My previous 6 tapes were to serve as an overview of techniques from a visual standpoint. This tape is entirely designed for one purpose; attribute development. In this tape I will share with you some highly specialized training methods that I feel have helped me grow the most. These methods will bring your speed, power, and timing to entirely new levels. As these training methods are some of the very highest concepts in JKD, this tape is not geared for beginners; the mechanics should be taught first."

—PAUL VUNAK

50 min. Reg. \$89.95. Ltd. Offer Only \$69.95
To Order This Extraordinary Training Tape
Send Check, Cash or Money Order To:
PANTHER PRODUCTIONS
1010 CALLE NEGOCIO IKF
SAN CLEMENTE, CA 92672
Name: _____
Street: _____
City: _____
State: _____ Zip: _____
Check: VHS BETA Include \$3.00 Shipping
With Credit Card - Order Toll Free 1-800-332-4442

□ TRAINING FOR LIFE

One is Enough

By Doc-Fai Wong

Today everybody's trying to be the new Bruce Lee, thinking that if they study ten different martial art styles, they can start their own system. In ten years these people say they learn 15 systems, which means they put in less than one year per style, making them nothing more than *long-term beginners*. Of course, they are never as good as Bruce Lee.

If they really understood Bruce Lee, they would realize he actually studied one system more than 20 years, then learned other martial art techniques from making martial art movies. Eventually he combined the other styles' influence with his primary fighting art. Then his main system didn't look like the original wing chun anymore. Since it no longer resembled what we think of as *traditional wing chun*, Lee needed a special name for what he taught — *jeet kune do*. There's a big difference between Bruce Lee's jeet kune do and making up your own style.

If you want to be a good martial artist like Bruce Lee, stay with one system and learn it well. Thoroughly understand it through hard work and constant practice.

Besides practicing your main martial system, keep current with martial art magazines. Like others in other specialty subjects, you can broaden your knowledge by reading current trade magazines, in this case, journals about martial arts.

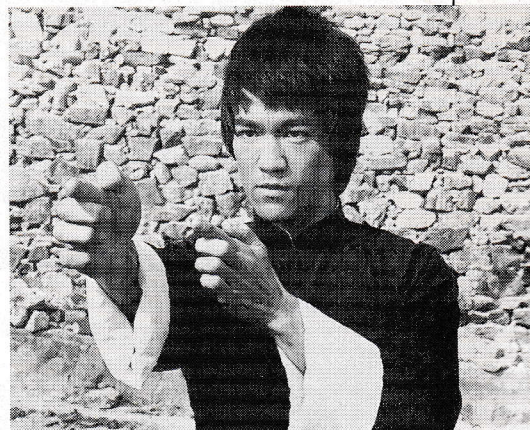
Don't stop with up-to-date magazines. Read the classic writings of your chosen martial system. For example, tai chi has many classic essays translated into English. If you understand exactly what they mean and apply them to your daily tai chi practice, your tai chi expertise will benefit. It's the same with other martial arts. Then besides having the physical ability of your style, you have the philosophical and tactical understanding of your martial art.

Participate in and observe martial art exhibitions and tournaments. This helps you gain knowledge of other styles to compare their good and bad points with your own chosen style. You may find many similarities to your system. Or, you might discover improvements that could be made in your style.

Since much of Asian martial arts is cultural, study the history of the Orient for more depth of martial understanding.

On a physical level, good martial artists should always work on forms. Besides forms, find a partner to practice two-person training such as sparring or partner techniques.

For better strength and energy, you should have some kind of conditioning exercise. Make sure you have a knowledgeable instructor, so you don't train wrong and get hurt. There is a *wrong* way to stretch and a *wrong* kind of iron palm or iron body training. The *wrong* type of horse stance training can injure your



knees. For internal training, if you don't have correct instruction while practicing chi kung, you can suffer bad physical or mental side effects.

Of course, if you only know forms without knowing how to fight, then you are not a real martial artist. If you just know how to fight and cannot do forms, you won't have the foundation of balance and coordination or the techniques of your style. Then all you have is sloppy streetfighting.

Good martial artists are respectful to their instructors as well as teachers from other systems. If you aren't respectful, your teachers won't respect you and probably won't work with you.

Be *loyal* from the beginning. For example, if you are learning from one while taking lessons from another without someone's permission, you are not loyal. When they find out, neither teacher will trust you.

When you meet experts in your style, be humble and look for knowledge. If you find people of your own skill level, exchange ideas and practice together. For those who are of lower ranks, share your knowledge with them if they ask for advice. Do not volunteer to teach or give advice to those who do not ask. They may think you are showing off or want to criticize them.

Don't take lessons with the *intention* of making up your own style. If you have enough experience and knowledge, your system will develop automatically. Learn and reach the highest rank possible in your system. After that, go further to do research. Eventually you may develop new ways to do things, or you may find everything you desire in your original style. That's a different approach than simply making up a name for *your own style*.

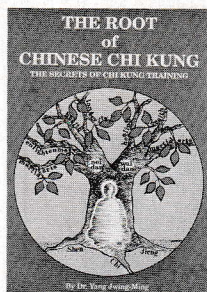
Good martial artists listen and practice more than they talk. Not only will you someday reach your martial art dreams, you will keep them tangible. However, if you don't have the qualifications and only want to build a big name, it's very easy to fall from those big heights. The best way is like building a pyramid: start with a strong foundation and big base (knowledge and hard work). Then you will reach high and stay strong forever.

About the Author: Doc-Fai Wong is a contributing editor of Inside Kung-Fu.



YANG'S MARTIAL ARTS ASSOC. (YMAA) Publication Center

**** New Publication ****



B011

B011 THE ROOT OF CHINESE CHI KUNG *The Secretes of Chi Kung Training,*

By Dr. Yang, Jwing-Ming, \$18.00, 288 Pages,
70 Illustrations, Soft Cover, 7X10, ISBN: 0-940871-07-6

Chi is the Chinese word for the natural energy of the universe. Chi Kung is the science of this energy, especially as it circulates in the human body. The Chinese have been studying Chi for over four thousand years, and they have learned how to apply their knowledge of this energy to meditation and to certain types of movement in order to improve physical and mental health and increase longevity. This book will give you a firm foundation in the theory of Chi Kung, and help you understand Chi Kung publications by YMAA and other sources.

YMAA BOOK SERIES

B001 Shaolin Chin Na - The Seizing Art of Kung Fu, By Dr Yang Jwing-Ming, \$8.95, 160 pages, 352 Illus., Soft Cover 6X9, ISBN: 0-86568-012-4

Chin Na is Kung Fu's special seizing and grabbing techniques. This book is written for the beginning martial artist. Videotape is available T004 (see below).

B002 Shaolin Long Fist Kung Fu, By Dr. Yang Jwing-Ming and Jeffery Bolt, \$11.50, 248 pages, 1050 Illus., Soft Cover, 7X10, ISBN: 0-86568-020-5

This book is an introduction to northern Chinese Long Fist Kung Fu. It contains philosophy, training techniques and 5 sequences of the Long Fist style of Kung Fu. Two videotapes are available T002 and T003 (see below)

B003 Yang Style Tai Chi Chuan, By Dr. Yang Jwing-Ming, \$11.50, 208 pages, 975 Illus., Soft Cover, 7X10, ISBN: 0-86568-023-X

This book contains the Yang Style Long Form, fighting sets, and Tai Chi sword. Martial applications of the sequence are analyzed. A good book for the Tai Chi beginner. Videotape is available T001 (see below)

B004 Introduction to Ancient Chinese Weapons, By Dr. Yang Jwing-Ming, \$8.95, 80 pages, 116 Illus., Soft Cover, 6X9, ISBN: 0-86568-052-3

This book introduces ancient Chinese weapons, their classifications, functions, and relationship to Chinese history.

B005 Chi Kung - Health and Martial Arts, by Dr. Yang Jwing-Ming, \$12.95, 121 pages, 225 Illus., Soft Cover, 7X10, ISBN: 0-940871-00-9

Chi Kung is the science of energy circulation within the body. This book presents several methods of external-internal (Wai Dan) energy generation and circulation and a detailed discussion of the internal-internal (Nei Dan) meditation training. This book will help the non-martial artist to experience Chi and also the martial artist to increase his/her power and effectiveness.

B006 Northern Shaolin Sword, by Dr. Yang Jwing-Ming and Jeffery Bolt, \$15.95, 200 pages, 782 Illus., Soft Cover, 7X10, ISBN: 0-940871-01-7

This volume presents the history of the Chinese sword (Jen). Contains fundamental training principles, exercises and three famous northern Shaolin sword sequences.

B007 Advanced Yang Style Tai Chi Chuan, Vol I, by Dr. Yang Jwing-Ming, \$18.95, 288 pages, 300 Illus., Soft Cover, 7X10, ISBN: 0-940871-02-5

This volume presents the first extensive discussion, in English, of Jing (Internal energy) theory and principles. Over forty different types of Jing are explained in detail. The book is written mainly for those who have learned a Tai Chi sequence and are looking for deeper and more detailed explanations in the art Tai Chi Chuan.

B008 Advanced Yang Style Tai Chi Chuan, Vol II, by Dr. Yang Jwing-Ming, \$18.95, 254 pages, 977 Illus., Soft Cover, 7X10, ISBN: 0-940871-03-3

This volume focuses on the martial applications of the many techniques in the solo Tai Chi sequence and the two person fighting set. Volume II, along with Volume I, opens the door to many of those "hidden secrets" that martial artists have coveted for centuries.

B009 Analysis of Shaolin Chin Na-Instructor's Manual, by Dr. Yang Jwing-Ming, \$18.00, 208 pages, 632 Illus., Soft Cover, 7X10, ISBN: 0-940871-04-1

Chin Na is the study of how to control your opponent by the use of joint locks to limit mobility and to control him without seriously injuring him. It is part of the course of study in almost all Chinese martial styles, and it can be a valuable addition to any other martial system. Videotape is available T004 (see below).

B010 The Eight Pieces of Brocade, by Dr. Yang Jwing-Ming, \$6.95, 80 pages, 47 Illus., Soft Cover, 7X10, ISBN: 0-940871-05-X

The Eight Pieces of Brocade is a set of eight Chi Kung simple exercises that can maintain your health and increase your energy reserves if you are healthy, and speed your recover if you are ill. No equipment is necessary and very little space is needed. Videotape is available T005 (see below).



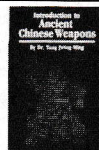
B001



B002



B003



B004



B005



B006



B007



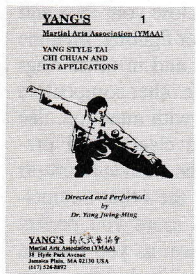
B008



B009



B010



T001

YMAA VIDEOTAPES, in VHS and BETA

T001 Yang Style Tai Chi Chuan and Its Applications, \$65.00, one hour

Covers fundamental stances and breathing exercises, and the complete (128 postures) Yang style solo sequence, including breathing coordination. Martial applications are shown for each form in slow motion and at regular speed. Textbook **Yang Style Tai Chi Chuan** is also available from YMAA (see above)

T002 Northern Shaolin Long Fist, Lien Bu Chuan and Its Applications, \$55.00, 45 minutes

T003 Northern Shaolin Long Fist, Gung Li Chuan and Its Applications, \$55.00, 45 minutes

T004 Shaolin Chin Na, \$65.00, one hour

This tape contains over 80 Chin Na techniques and is designed for the beginning martial artist who wishes to study Chin Na by himself as well as the experienced practitioner to use as a reference work. Textbook **Shaolin Chin Na** (see above) and **Analysis of Shaolin Chin Na - Instructor's Manual**, (see above) are available from YMAA.

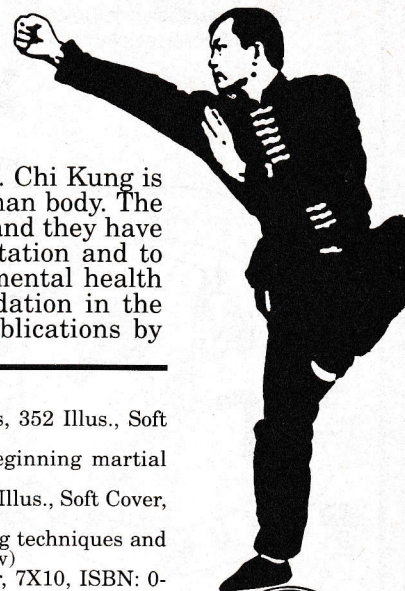
T005 Wai Dan Chi Kung- The Eight Pieces of Brocade, \$50.00, One hour

The Eight Pieces of Brocade is a fundamental but very effective Wai Dan (External Elixir) Chi Kung exercise set designed to improve health. The tape contains both the sitting and standing sets and a discussion of each form. Textbook **The Eight Pieces of Brocade** is available from YMAA (see above).

HOW TO ORDER: Include item number and title, quantity, and price. Mass residents 5% Sales Tax. Include HANDLING CHARGE-TAPES: \$3.00 first, \$1.50 each additional, BOOKS: \$1.00 first, \$.50 each additional. Double handling charge for overseas orders. Send money order to: YMAA, 38 Hyde Park Avenue, Jamaica Plain, MA 02130. Personal checks are held until cleared

Catalog and YMAA NEWS Please Write
YMAA

**38 Hyde Park Avenue
Jamaica Plain, MA 02130 USA
(617) 524-8892**



GRANDMASTER CHAN

33rd generation disciple of
Shaolin Temple



WAH LUM KUNG FU TEMPLE
ORLANDO, FLORIDA

(407) 275-6177

**THE ONLY KUNG FU
TEMPLE IN THE U.S.A.
WITH LIVE-IN TRAINING**

**ADVANCED STUDENTS FOR
PROFESSIONAL STUDIES**

GRANDMASTER CHAN ENDORSES ONLY
THE LISTED SCHOOLS BELOW TO TEACH
WAH-LUM SYSTEM

Boston, MA	Bob Rosen (617) 350-7530
Cohasset, MA	John Loupos (617) 383-6822
Concord, MA	Michael Johnson (508) 371-0222
So Carver, MA	Francis Aldrich (508) 747-2528
Lake Jackson, TX	Robert Roy (409) 297-0396
Framingham, MA	David Simeone (508) 879-4440
Tewksbury, MA	John Riley (508) 658-2676
Revere, MA	Paul Caputo (617) 286-4578
Natick, MA	Nelson Chan (508) 651-8257
Suncook, NH	Robert Fleming (603) 641-2882
Houston, TX	Wallace Cupp (713) 952-6206
McAllen, TX	Pablo Zamaro (512) 631-4841
Richmond, VA	Tracy Fleming (804) 343-3733
Palm Bay, FL	Harry Lo (407) 676-9850
Melbourne, FL	Tom Haase (407) 725-9040
Tampa, FL	Arthur D'Agostino (813) 980-0237
Miami, FL	Shelly Durrell (305) 854-5182
Leicester, England	Wah Lum Club (0533) 774260

SHAOLIN TRAINING TOURS

Learn traditional kung fu at Shaolin Temple in China and visit exciting Hong Kong. Two group departures annually: April and August. Personally escorted by Grandmaster Chan who is well known in the martial arts world and has been leading tours to the Shaolin for the last six years. For more information, write to 851 N. Goldenrod Rd., Orlando, Florida 32807.

Send self-addressed envelope.

(407) 281-0130 or 275-6177

CHINESE CONNECTION

Listen to the Heartbeat

By Glenn C. Hart

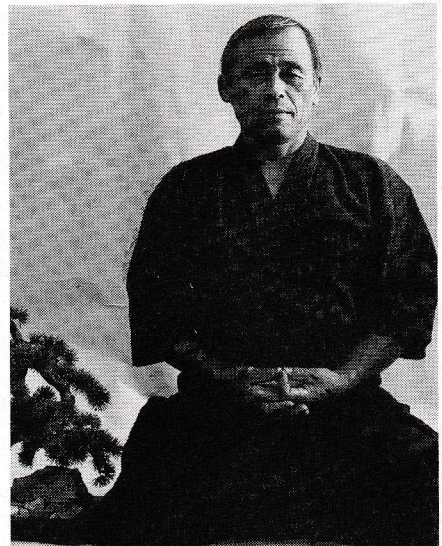
Attitudes in the martial arts, whether in internal or external systems of kung-fu, southern or northern styles, ancient or modern, are the backbone or spinal column of a positive mental and physical state of awareness and health. Everyone agrees that an optimistic attitude toward the martial arts and life in general is a healthy and vigorous ethic; whereas a pessimistic, uncertain, tentative approach to one's study develops hesitations, half-hearted attempts, and habits of blaming fate for one's misfortunes and inadequacy, and generally viewing problems as hopeless and training as arduous and worry-ridden instead of refreshing and challenging.

Many times a sifu, sensei, or martial arts teacher can help break a longtime pessimistic attitude by advising a student when this virulent strain of pessimism rears its ugly head or when the pattern of worry and obvious stress makes its presence in training. A good martial arts teacher can tell you when you're not thinking clearly about a problem, and he won't simply commiserate with you, but point out ways and means to clarify the situation and make suggestions on how they can be turned around. When things go bad, talk to your instructor and eventually you will learn that most problems are solvable or that it's a waste of time and energy to worry about things that you cannot change.

Perhaps the strongest tool to a positive attitude and relaxed, calm approach to training is meditation. Each student must learn how to relax on a daily basis. *The hardest exercise in the world is to learn how to relax*, yet it its singular importance cannot be overexaggerated in the martial arts. With relaxation exercises and positive imagery, a student will find that many of life's and martial arts related "headaches" tend to disappear. There is an emotional boiling point in all of us that when unchecked and ungoverned, tends to become unmonitored and spills over into a certain "quick-fuse" effect. The more often a student faces stress, the more sensitive to stress the student becomes. Smaller and smaller hassles set the heart racing, the blood boiling, and emotions unchecked and undisciplined.

With positive reinforcement from the instructor, a rigorous routine of daily "mind-clearing" or meditation and the physical workout of forms, and martial routines (sparring, weapons training, self-defense practice), the student will reset his positive thermostat. Little problems won't get you all worked up, and you will feel in greater control of your mind, body and life.

Most martial artists must learn to slow down and flow, soften the breath and heart rate. Fifteen-to-20 minutes of meditation five days a week is the key. The second key is the creation



of positive mental images. Images help whether you are sparring, competing in a tournament or taking a rank test. Images recreate an entire experience before it happens — the sights, sounds, smells, feelings and actions.

For instance, for some of my students who enter tournament competition, I have them form images in their mind of the judges, the audience, other martial artists sitting around the ring *as they are* competing in their forms, weapons or sparring divisions. To help in jumping-kicks, or transitions from one stance to the next, I have the students visualize doing their jump and landing like a cat on a pillow, or moving from stance to stance, pushing over ants on the ground but not crushing them along the way. Visualization is not enough, however, unless it is invested with emotional content. Putting feeling to the image gives an added bolt of energy and creates a confidence edge. This emotional positive sensorial imagery acts as a rehearsal and a preparation and in and of itself helps a student relax. It is the preparation and the training or practice as much as physically doing it that puts the thermostat on fear and the accelerator on confidence.

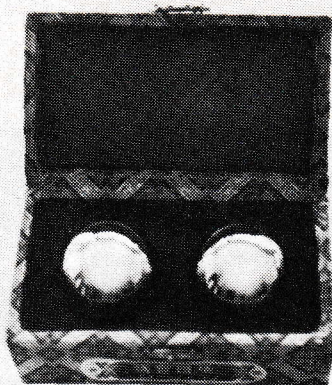
Here is how you might use this imagery in a martial arts tournament. Close your eyes and see yourself doing the form or fighting. Imagine that everyone in the stands and in other rings is watching just you; even the other competitors are awestruck and are rapt with attention. See your techniques performed clearly and precisely. When you finish, the audience erupts into a clamorous applause, the other competitors cheer, and the judges score you perfect 10s. Feel yourself grow warm as you bask in all this approval. Everyone is shaking your hand, hugging, putting his arm around your back or saying, "Great match, fantastic form, incredible job!" Now open your eyes: You're on!

About the Author: Glenn C. Hart is a contributing editor of Inside Kung-Fu.



T'AI CHI

KEYS TO MASTERY



T'AI CHI EXERCISE BALLS

These chrome-plated steel balls are valuable to improve finger and hand dexterity as well as coordination, strength, and sensitivity. They are especially helpful for people involved in martial arts and sports.

They are highly regarded in China, where they have been used for centuries in the belief that rotating the balls in the palm of each hand stimulates the fingers and acupuncture points, and improves circulation of vital energy throughout the body. Perfectly weighted, the balls are rotated in the palm with the fingers and make a pleasing chime-like sound. President Reagan and his wife were presented with a pair when they visited China. Each pair, **\$14.95**

CH'I KUNG VIDEOS

CRANE STYLE CH'I KUNG. Very popular in China, it is easy to learn and generates positive results quickly. It is used widely for its therapeutic benefits. Movements are taught by Dr. Daoshing Ni, son of Taoist master Ni Hua Ching. 2 hours. VHS. **\$65.00**

CHI KUNG. Lawrence Galante teaches a ch'i kung form he learned in China from a famous professor who cured himself of cancer. It includes a dozen sequences that take about 10 minutes to perform and which stimulate the ch'i meridians. Galante teaches with verbal instruction and breathing directions. 32 min. VHS. **\$30.00**

**Send for
newest, free catalog!**

**More than 100 useful new and
hard-to-get videos and books**

Write to:
Wayfarer Publications
Dept. A
P.O. Box 26156
Los Angeles, CA 90026
(213) 665-7773

*Dedicated
to service
and quality
since 1981.*



T'AI CHI CH'UAN VIDEOS



Chen Style Short Form. Gregory Fong, who studied in China and was grand champion at the 1989 U.S. 2nd All-Taijiquan tournament, demonstrates a Chen short form, both slow and fast. He then breaks down the form into learning segments with explanations, followed by a review of the form and a 1st place performance at a forms competition. A good opportunity to learn from a prize-winning expert with 20 years of martial arts experience. 38 min. VHS. **\$39.95**

1988 American T'ai Chi Ch'uan Championships (San Francisco). Form and push hands sparring are shown. Experts discuss and demonstrate winning techniques. Championship bouts in various divisions are shown. Examples of rooting, yielding and pushing techniques are given. 2 hours. VHS. Available by special purchase at a reduced price. **\$49.95**

Yang Kuang Ping Style. Lawrence Galante demonstrates and teaches the T'ai Chi Ch'uan style he learned from the famous Kuo Lien-ying of San Francisco. Galante demonstrates the form with front and rear views and teaches the sequence with front and side views. There is repetition of some sequences. 45 min. VHS. **\$45.00**

YANG STYLE LONG FORM. Terry Dunn gives step-by-step instruction. Individual movements are broken down. There are views from a second angle and windows are used for most of the form for easy learning. Extensive warm-ups, breathing postures and circling exercises are given. There is a demonstration at the end of the tape. 2 hrs. VHS. **\$59.95**

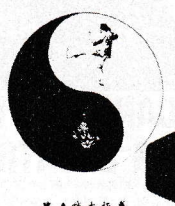


Marshall Ho'o, a dean of T'ai Chi Ch'uan teachers in the U.S., teaches a 27-movement short form that is based on the traditional Yang style. There are some martial applications, and push hands examples, as well as 9 temple exercises. There is step-by-step instruction in a daily repeatable format. VHS. **\$39.95**



William C.C. Chen's

**TAI CHI
CHUAN**



William Chen demonstrates his 60-movement solo form with front and back views in this 20-minute tape. Chen is a top disciple of the famous Cheng Man-ch'ing and one of the foremost teachers and practitioners. VHS. **\$34.99**

Orthodox Taijiquan, an 88-minute video from China teaches professionally the standard 24-movement T'ai Chi Ch'uan in a series of 8 lessons. Brief excerpts from other styles, push hands and applications. VHS. **\$59.95**

Yang Short Form. Cheng Man-ch'ing's 37-posture short form is taught by Terry Dunn, a student of Abraham Liu. There is breathing and warm-up exercises and step-by-step instruction. 110 min. VHS. **\$49.95**

Push Hands. Erle Montaigue teaches basic and advanced skills. Includes: single and double forms, ch'i shao, applications, da lu, and small san shou with self-defense applications. 60 minutes. VHS. **\$39.95**



T'AI CHI

Practitioners share valuable insights, skills and experiences in **T'AI CHI**, the leading international magazine of T'ai Chi Ch'uan. Published bi-monthly since 1977. Send \$20 for one year. International subscriptions, \$30 a year.

**Call 1 800 888-9119 toll free for
credit card orders only. For information,
call (213) 665-7773. Minimum
credit card order is \$25.00.**

Wayfarer Publications

P.O. Box 26156, Dept. A
Los Angeles, CA 90026

Date: _____

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____

☐ Check or money order enclosed

☐ Visa ☐ Master Card

\$25 min. required for charge card use

Credit Card Number _____

Inter Bank Number _____ Expiration date _____

X _____
Signature as it appears on credit card

ORDER FORM

IKF 2-90

TITLE	AUTHOR	QTY	UNIT PRICE	TOTAL
Subtotal				
Shipping & Handling				
Calif. add 6.5% sales tax				
TOTAL AMOUNT ENCLOSED				

SHIPPING & HANDLING

Tai Chi Exercise Balls-

\$1.50 Each Pair

Each Videotape-\$3.00

Personal checks held 15 days for clearance. Delivery may take 4 to 6 weeks. Prices and merchandise are subject to change.

FOREIGN COUNTRIES: Please submit international M.O. or bank draft payable in U.S. funds. Add \$2.00 for first item plus 75¢ for each additional item for postage and handling.



CANADIAN MARTIAL ARTS & SPORTING SUPPLIES

Ninja Uniform (white or black) #1-\$35, #2-\$39, #3-\$43, #4-\$47, #5-\$51, #6-\$55 per set. Add \$5 for camouflage.
Ninja Wooden Sword (black) \$15 ea. Soft Foam Stars \$1.95 ea.
Tabi Sock (one size fits all) \$4.95 per pair. Tabi Shoes Long-\$39.95, Short-\$29.95 per pair. Brown Sole Kung-Fu Shoes \$5.50 per pair.

12 oz. Canvas White Uniform
\$65 per set.
12 oz. Canvas Black Uniform
\$70 per set.



Large selection of martial art supplies: Judo, Karate, Kung-Fu, Tae Kwon Do Uniforms, Books, Posters, Weapons, Protective Equipment, and MUCH MORE. Send \$2.00 for catalogue. Wholesale and club prices available.

Shipping Charges: Orders under \$20. add \$3., Orders over \$20. add 10%. Ontario residents add 8% sales tax.

CANADIAN MARTIAL ARTS & SPORTING SUPPLIES

P.O. Box 518, Milliken Post Office
Milliken, Ontario, Canada L0H 1K0
Toronto Dealer (Personal Shopping Only)
Pals Enterprises
80 Nashdene Rd. #68
Scarborough, Ont. 299-8168



FREE MARTIAL ART CATALOG



Packed with 100's of quality products all at discount prices. It features a complete line of uniforms, knives, swords, nunchaku's, throwing stars, sai, sparring gear, patches, and much more.

AMERICAN LIQUIDATORS, LTD

4009 Pacific Coast Hwy.
Torrance, California 90505



**NO POLITICS
JUST SERVICE**



Rank advancement, business and instructor training, student and black belt memberships (all styles). The worlds foremost independent martial arts organizations.

Free Brochure

Sponsors for Karate College 1990



Joe Lewis, Bill Wallace,
Jeff Smith

Dr. Jerry Beasley, Founder
P.O. Box 402
Christiansburg, VA 24073

JKD PHILOSOPHY AND TECHNIQUE

Hand Immobilization

By Tim Tackett

The terms hand immobilization attack (HIA) or trapping hands refer to an attacking action which momentarily immobilizes either one or both of the opponent's arms, allowing your final hit to score in an open line, or drawing a reaction which can be countered either with another trap or by shifting into another aspect such as punching, grappling, etc. Trapping allows you to maneuver your opponent's arms where you want them and forces the opponent to give you a reaction which will be to his detriment.

One of the primary objectives in trapping is to gain an "attachment" (touching one or both of the opponent's arms with your own arms), much like two fencers when they engage their blades. This attachment may be gained either offensively (off your attack) or defensively (off of opponent's attack). By understanding what trapping actions can be used from where your arms are at in relation to your opponent's arms (both hands outside, one hand inside — one hand outside, etc.), as well as by feeling the type of energy the opponent reacts with (forward, upward, etc.), you can tie up one or both arms of the opponent and gain a split-second's advantage in which to score.

Major points for HIA

1. Control the centerline by occupying the centerline.
2. Maintain a well-covered on-guard position while closing the distance to trap. Be in good balance and keep your boundaries closed.
3. Be alert and aware of opponent's attempt to stop/hit or counterattack.
4. Control your position to enable you to angle strike when opponent opens up or backs up.
5. Use feints and false attacks sometimes to ensure safety and increase the chances of success.
6. Cut into the opponent's tool to trap and stop any counter.
7. Maintain the trap for the necessary amount of time to prevent the opponent from freeing the arm which was to be immobilized and countering you.
8. Make sure you use constant forward pressure which is like water flowing through the smallest crack seeking an opening. Whether your opponent retreats or advances he feels an "alive" tension against his arms at all times affecting his motions and restricting him.
9. Against an opponent who keeps his midsection well-covered and reacts to body blows by using his elbows to cover the attack, it is sometimes possible to draw an involuntary blocking response by hitting directly into either arm instead of the body.



10. Fighting an opponent who refuses to engage or attack with his lead arm requires the use of feints and false attacks to draw a reaction which may then be trapped.

Pak Sao (Slapping hand)

The pak sao is a palm slap to trap the arm. It can be done with the rear or lead hand. The important point is to control the opponent's arm by pushing into the centerline, rather than by pulling down the hand, which can be easily countered.

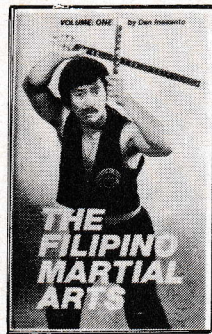
Lop Sao (Grabbing hand)

Lop sau can be defined as a grabbing and pulling motion against the arm.

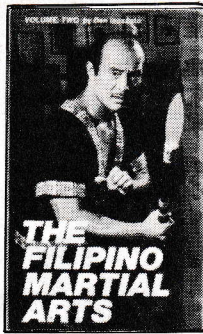
Continued on page 90

INOSANTO TAPES

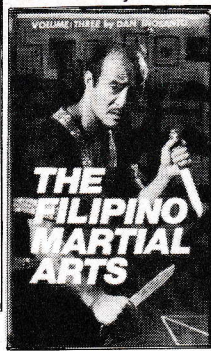
by Dan Inosanto



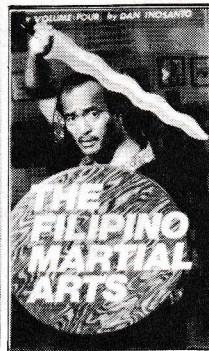
1



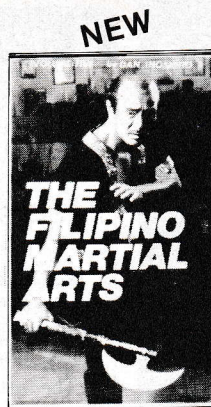
2



3



4



5

Finally, an instructional video tape series by Dan Inosanto, the world's leading authority on the Filipino martial arts. See, hear and marvel at the speed and depth of Bruce Lee's protegee—again and again. It's like having Dan Inosanto as your personal instructor.

Volume One features: History, Angles of Attack, Ranges (long, middle, close-quarter), *Sinawali* (double stick) drills, Empty hand skills, Energy/Sensitivity drills, Long and short stick training, Knife drills, Full speed disarms on the man dummy, Distractions in self-defense, Full contact sparring in body armor, the 1 & 3" punch and more.

55 minutes / VHS / \$49.95

Volume Two features: Weapons, Grips, Angles of attack, Ranges (how techniques differ at different ranges), Blocks and defenses for each angle of attack, Disarms for each angle of attack, *Sinawali* (double stick) footwork, *Sinawali* at different heights, *Sinawali* with different weapons, *Sinawali* motion applications, Empty hand skills and Body/Limb destructions.

55 minutes / VHS / \$49.95

Volume Three features: Energy, the essential ingredient that enables you to "feel" what your opponent is going to do. Energy drills with weapons and empty hands, coordination drills, flowing and much, much more!

55 minutes/VHS / \$49.95

Volume Four features: Long and Short Stick training, Counters, Snaking and Stripping Disarms, Solo Training, Close Quarter Combat and much more!

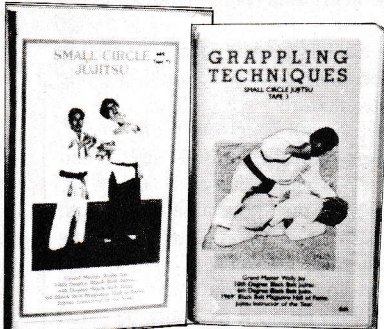
55 minutes / VHS / \$49.95

Volume Five features: A continuation of instruction begun in Volume 4, featuring Long and Short Sticks, Disarms, Angles of Attack, Attack & Defense Training and Much More.

55 minutes/VHS / \$49.95

WALLY JAY JIJITSU SERIES

With Professor Wally Jay
10th Degree Black Belt Jujitsu.
6th Degree Black Belt Judo
'64 & '69 Black Belt Hall of Fame.



Topics include: Finger, wrist, arm and joint locks and control-pain compliance, principles of ground-fighting/grappling chokes, effortless control and transitional techniques, etc.

TAPE 1: Beginning jujitsu techniques — \$49.00

TAPE 2: Judo/small circle techniques — \$49.00

TAPE 3: Grappling techniques — \$49.00

The Official JKD Cap

Red & yellow logo on a black cap.

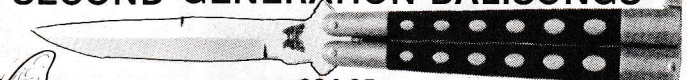
\$6.95 (one size fits all)



Official JKD Shirt

Red & yellow logo on a quality black shirt.
\$8.95 (S, M, L & XL)

SECOND GENERATION BALISONGS



model 259: \$34.95 (list: 44.95)

Popular demand has resurrected the bestselling balisongs. Now made totally in the U.S.A. with a 4" 440C polished stainless WeeHawk blade. 5 1/2" closed, 9 1/2" open.

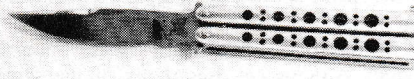


model 239: \$34.95 (list: 44.95)

THE TRADITION CONTINUES.....

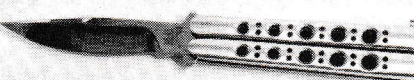
Model 30 WeeHawk Bali-Song®

Model 30: \$45.00 (list: 59.95)



Deluxe Model 35 WeeHawk Bali-Song®

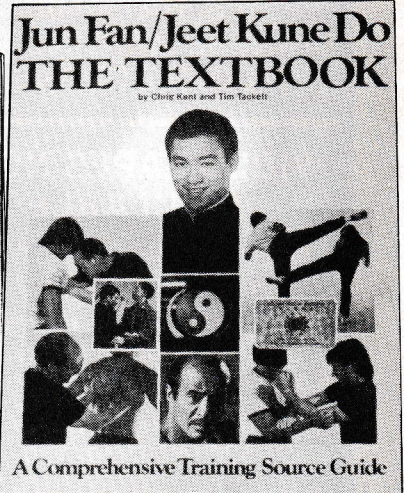
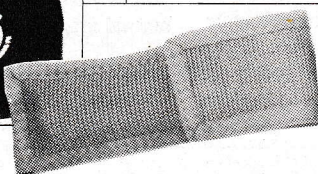
Model 35: \$60.00 (list: 74.95)



The quality endures with these U.S.A. benchmade Bali-Songs®. The handles are identical to the handles once manufactured by Pacific Cutlery for their utility models 10 and 68. 5 oz., 4 1/4" closed, 7 1/2" open, 3" WeeHawk blade. Comes with U.S. made cocoon.

THE BEST COCOONS

Horizontal cocoon for medium to large balisongs. Heavy industrial webbing, threads, nylon binding and velcro closure make these the best cocoons anywhere.
HC—\$4.25 (list 10.00)



Jun Fan/Jeet Kune Do THE TEXTBOOK

A Comprehensive Training Source Guide

by Chris Kent and Tim Tackett

Many books promise to teach you the "inner secrets" of a martial art, but this book delivers! Guaranteed to make an immediate improvement in your understanding and performance of any martial art. Over 1000 photographs illustrate the art taken from several volumes of written notes and observations that Bruce Lee felt had validity for himself. As Bruce wrote: "The 'how to' is important, but to be successful necessitates the 'why' and 'when'." This book tells "why," "when" AND "how."

\$14.95

Send a stamp for our latest catalog!

KNOW NOW
P.O. Box 3449
Los Angeles, CA 90078

--- Satisfaction Guaranteed (since 1976) ---

name _____

address _____

city _____ state _____ zip _____

description _____

Shipping **2.00**

CA add 6 1/2 %

TOTAL _____

MasterCard ☐ Visa ☐

Card # _____

Expiration Date _____

Signature _____

U.S. NATIONAL CHINESE MARTIAL ARTS COMPETITONS

VIDEO TAPES NOW AVAILABLE

Choose from 22 Tapes, Including:

- Masters Demonstrations
- Competition Finals of 24 Events
- 1986 & 1987 Demonstrations
- 1987 Competition Tapes

Prices Range From
\$30 to \$45 per Tape

Combination Discount Prices
Available

All Tapes Sales Proceeds Go
To Fund Future U.S. National
Chinese Martial Arts
Competitions

To Get Complete Order Form,
Please Write:

U.S. National Chinese
Martial Arts Competitions
10528 Meadowglen
Houston, Texas 77042
or call: 713/781-4483



FREE POSTER
OFFER ENCLOSED IN CATALOG

GALA ENTERPRISES

P O BOX 1022, McMinnville, OR 97128

SEND \$2.00 FOR OUR FULLY ILLUSTRATED CATALOG

ARREST Violators!

TRAIN
FAST
AT
HOME

BE YOUR OWN BOSS!

USE
SECRET
EQUIPMENT

Surveillance Equipment,
Criminology Kits, Badges,
Bribecase Telephones, Leg
Holsters, Lockpick Guns,
Bullet-Proof Vests, Infrared
Night Scopes, Rappelling
Equipment... Plus Much
Much More

**Wear the Badge of a
DETECTIVE**

NO PREVIOUS TRAINING NEEDED

Your spirit of adventure, danger, and self
reliance can lead you to an exciting career
opportunity. Solve mysteries, bring criminals
to justice, protect the innocent.
Experts guide you every step of the way.
Men and women needed to work in chal-
lenging situations, withstanding hard-
ships, make on the spot decisions. Learn
the latest investigative techniques using
special law enforcement equip-
ment... the same equipment used
by the FBI, the CIA, and the
Secret Service. Start your own
investigative agency. Save up
to 25% and more on all equip-
ment. Sent for free details.

Approved by Calif. Dept. of Public Instruct.

THE ROUSE SCHOOL of Special Detective Training

Dept. KF 95 P.O. Box 25750 Santa Ana, CA 92799
Rush me your Free "Detective" Career Kit—No salesman will call

Name _____ Age _____
Address _____
City/State/Zip _____

□ NO HOLDS BARRED

Mastering the "Dark Side"

By Gene L. Chicoine

Since we have been talking about the "Dark Age" era, I would like to touch on a few subjects that were the result of endeavors being practiced today.

The first is most commonly known as "iron vest," also called "copper jacket." "Iron vest" became a necessity if one was to be a warrior, simply for its ability to minimize injuries during combat or in a one-to-one fight.

The Taoist are to be credited for its development. The exercises needed to master it were an excellent chi gung addition to one's personal training. The benefits transferred into one's body as a result of this daily, continuous routine are immeasurable.

When a student has achieved a mastering of the iron vest, a small circle engorged with blood vessels will appear on top of the sternum. Although visible most of the time, it becomes a highly obvious spot during exercise.

Iron vest is not to be confused with the "muscle restructure" that Bodhidharma brought with him to the first Shaolin people to increase longevity, while teaching them Buddhism in the 6th century. These people believed that there were no martial arts prior to this period.

Another training form that evolved from the earlier times was "iron palm," also known as "iron fist" or "copper hand."

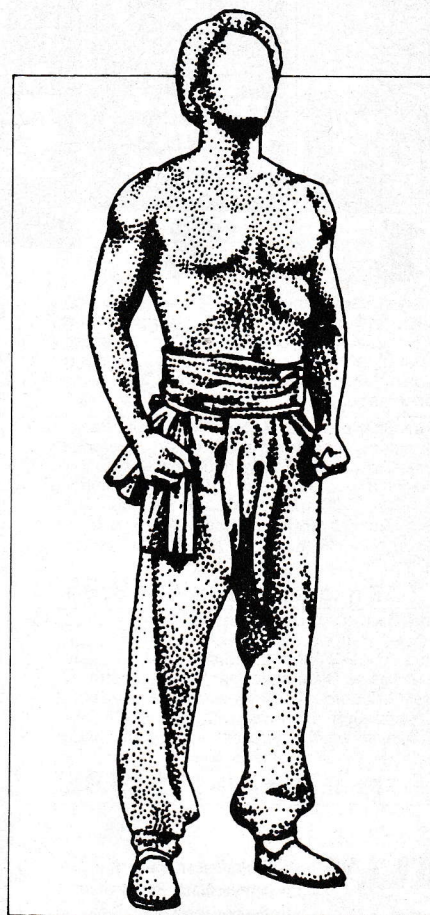
Iron palm, contrary to its name, does not restrict the areas used for striking. The entire hand was developed: palm heel, knife edge, back of the hand, and fingertips were conditioned for striking.

Many people died bringing this fighting form to the forefront and many of these special training programs were restricted to only the most senior students. Although there have been a few masters who received notoriety for their ability, most went to their death as unsung heroes. Only if a student met his most stringent qualifications would a master pass along his knowledge.

Iron palm was mostly yang strikes with some yin blows.

An offshoot of "iron palm" is the "poison hand." Although it uses many of the same principles as iron palm, it is completely different. The use of herbal medicines in various states is an intrinsic part of poison hand, which takes its name for the immunity the hand develops to poisonous medicines the hand soaks in on a daily basis. This highly restricted form of hand training has been unfortunately written and spoken about by teachers of pseudomasters with little or no knowledge of its practice, history or technique.

In a nutshell, it allows the teacher to dip his fingers in progressively more and more toxic or paralyzing killing mixtures to become immune to its efforts.



When used with the sap boiled from trees, it acts as a transmitter (very much like DMSO is used in medicine today) into another human body.

Thus, the teacher can kill or injure a person depending on the blow of the hand carrying the poisonous mixture.

Hence, the "death touch" or "dim mak," are names to describe the "poison hand." Their names have been vastly abused in the West.

The strike from the "poison hand" without using any herbs is a 100 percent yin blow and will penetrate the body. Example: If I strike you on your back you will turn black and blue on your chest. It can only be cured by treating it like a burn or a burn.

This method of hand training is restricted to few because its mastering serves no purpose other than to cause severe injury or death. It's part of the "dark training."

Since that is not what martial arts is all about, I once again will stress the absolute importance of training under a qualified teacher, as well as the need for exercises which will develop strength and power for perfect martial arts execution.

About the Author: Gene L. Chicoine is a contributing editor of Inside Kung-Fu. His column appears bi-monthly.

ADVANCED KUNG-FU FIGHTING & EXERCISE FORMS ON VIDEO!!

MASTER GENE L. CHICOINE, 9TH DEGREE, PRESIDENT OF THE I.S.C.A., AND SIFU JOHN R. ALLEN, 7TH DEGREE, DIRECTOR OF THE LAIR OF THE GREEN DRAGON STUDIO, ARE PLEASED TO BRING TO KUNG-FU PRACTITIONERS EVERYWHERE THE OPPORTUNITY TO LEARN THE ULTIMATE IN AUTHENTIC CHINESE FIGHTING FORMS & STRENGTH DEVELOPMENT PROGRAMS THROUGH THE MEDIUM OF INSTRUCTIONAL VIDEOTAPE.

Master Chicoine is the ONLY non-Chinese first generation disciple and adopted son of the pre-eminent Grandmaster Tung Shen Ch'ang, who was the undefeated open style free-fighting champion of all China for the past 54 years since his victory in the last Grand National Competition staged in Nanking in 1933, as well as victor in the huge National Athletic meet in Shanghai in 1948.

Under the leadership of Director John Allen, Green Dragon's nationally known Demonstration Team has produced detailed videotapes on all aspects of the Chinese fighting arts.

ALL GREEN DRAGON VIDEO TAPES:

- Are VHS format and of excellent quality!
- Clearly demonstrate the teaching at least 4 separate ways (Including by segments exactly as it would be taught in the Studio)!
- Include a complete program of combat applications for immediate use!
- Offer a large number of rare & exotic fighting forms unavailable anywhere else!



Iron Palm Master Gene Chicoine breaking a stack of six 2" x 4" x 15" concrete blocks free standing in a Short Throw 'Yin' Striking Technique!

THE FOLLOWING FORMS ARE A VERY SMALL SAMPLE OF THE VARIETY OF KUNG-FU INSTRUCTION NOW AVAILABLE TO YOU*

BEGINNER'S LEVEL EMPTY HAND FORMS:

1. Teet Sao (Iron Hand Internal) - Hung Style
2. Hok-Kuen-S. White Crane
3. Fundamentals of Empty Hand Fighting
4. Fundamentals of Knife Fighting
5. Lung Ch'uan/Bok Pai Ch'uan (2 short forms)
6. Shaolin 5-Animals Exercise Sets
7. Stance Programs from 3 Diff. Styles

INTERMEDIATE LEVEL EMPTY HAND FORMS:

1. Small Fire Dragon (Loaded!)
2. Mui Fa Sao-S. Mantis
3. Tsai Chang Ch'uan-Tang Lang Mantis
4. White Eyebrow Small Cross Set
5. Siu Ying Yi-Rare S. Intellectual Fist Set
6. Youth Fist 2-Man Combat Set
7. Shuai Chiao Basics

**Just
\$39.95 each
form**



ADVANCED LEVEL EMPTY HAND FORMS:

1. Gok Mi Gin Ch'uan-Shantung Shaolin
2. Pow Chin Ch'uan-Shantung Intellectual Fist
3. Dai Hung Kuen-Choy Li Fut
4. Emperor's Long Fist No. 1, 2 or 3 (order separately)
5. Din Dah Kuen-Tams Style
6. Teet Lo Han Chin Ch'uan-Iron Buddha Strength Form
7. Honan Shaolin 'Ambushing Fist' Set

INTERMEDIATE LEVEL WEAPONS FORMS:

1. Windy Airs Staff Set-S. 5-Family
2. Hong Long Tan Tao-Honan Shaolin Broadsword
3. 5-Family Short Baton Set
4. White Lotus Fighting Fan Set
5. White Lotus Double Iron Ruler (sai) Set
6. White Lotus Double Iron Crutch (tonfa) Set
7. White Lotus Single Knife Set

Now Being Offered:

Legitimate IRON PALM Training Utilizing Grandmaster Ch'ang's Personal Formula!

The true herbs necessary for proper hand training in the traditional manner are not of the "bruise medicine" or "liniment" type and cannot be purchased anywhere on the open market. These true formulas have been secret for centuries and can actually pull the chi to the needed areas! Inquire for detailed information, if interested.

ALSO: Herbs and complete Exercise Programs for the Genuine and Original IRON VEST (internal) and STONE WARRIOR (comb. int./ext.) Strength and Power development sets-inquire.

Coming: The authentic MUSCLE CHANGE CLASSIC, parts 1 and 2!

*Eventually 300 major forms and programs, both internal & external, will be available on Green Dragon videotapes. In keeping with our confidence that you will find these tapes to be the finest of their kind in regard to variety, content, and presentation, Green Dragon will include:

*FREE with each first time order

Over 20 minutes of action demonstrating portions out of 60 major fighting sets representing 17 different Chinese styles; 18 different weapons; 2-man combat forms; and rare power development programs.

AND

FREE - Green Dragon's 20-page Descriptive Brochure listing & describing in detail over 100 select forms that are already being offered (or, you may request just the brochure by mail - no purchase is necessary). NOTE: Brochures to foreign countries require \$5.00 to cover postage & handling costs or requests will not be answered.

For Shuai Chiao instr. in the New York City area, contact:
Michael B. Willner 718-464-4036 (home)



Have you received our 15-page brochure? ☐ yes ☐ no

Send Check or Money Order to:

GREEN DRAGON STUDIO
c/o 148 Jean Avenue
Munroe Falls, Ohio 44262

Mr. ☐
NAME Ms. ☐
Inst. ☐

ADDRESS _____

CITY _____ STATE _____

ZIP _____ PHONE _____

TITLE OF FORM

PRICE

1. _____
2. _____
3. _____

Shipping/Handling: \$4.00

Ohio Residents Add 5 1/2 % Sales Tax: _____

NOTE: All foreign orders must be able to accept
U.S. NTSC format on their VCR's & TV's. TOTAL: _____
Tapes are NOT available in PAL format.

T'AI CHI BOXING



STATE OF THE ART TRAINING VIDEOS
NEWLY PRODUCED YANG STYLE FORMS

Yang Short Form.....\$49.95
Yang Long Form.....\$59.95
Special 2-tape set.....\$90.00

With Terence Pang-Yen Dunn,
music by Vangelis

T'ai Chi Ruler (Chih) with T.P.Y. Dunn
Videotape.....\$49.95
Ruler.....\$25.00

Yang T'ai Chi Sword & Broadsword -
with Master York Why Loo.....\$39.95

Six Harmonies/Eight Methods
with Master York Why Loo.....\$59.95

To order by Visa or Mastercard, call

(800) 950-6002,

or send check or m.o. to:



INTERARTS

279 S. Beverly Dr. Ste.1037,
Beverly Hills, CA 90212.

Since 1985. For new catalog, send \$1.00 above.

INSTRUCTIONAL VIDEOS



THE DRAGON
SYMBOL OF WISDOM,
POWER, AND MASTERY

The dragon catalog includes
T-shirts, posters,
sculptures, jewelry,
rubber stamps, puzzles,
stationery, books, and more.

800-322-6040



Dancing Dragon Designs - Dept KF
1881 Fieldbrook Rd Arcata, CA 95521

Send \$2 for holographic sticker
and 24-page dragon catalog



Distributors and
Publishers of
martial arts,
meditation, inner
power, and other
growth books and
materials.

Send \$1.00 for a
catalog to:
**LIGHT
WARRIORS**
P.O. Box 26183
Los Angeles,
California 90026

ROTHROCK-AT-LARGE

With a Little Help...

By Cynthia Rothrock

Living in Beverly Hills I always hear people talking about their personal trainers. The picture that comes to my mind is the god or goddess of physical fitness. The image portrayed in films is that of an elderly person with an abundance of money enjoying the sights more so than the workout.

Most stars in Los Angeles have trainers who come to their homes or to the set of the movie that they are working on. I thought that this would be great if you could afford it or if you didn't have the time to go to a health club to work out on your own.

I was between films so I had a great deal of time on my hands. When I have a lot of time I always try to increase my exercise regimen. A thought of a trainer crossed my mind, but then I thought I could achieve the same results on my own if I just really pushed myself. The secret is not to be lazy.

I started working out at Sports Club L.A., which has every machine or weight imaginable. One day I was working out and met a personal trainer named Trent Suzuki. Trent is a black belt in tang soo do. We started talking about martial arts and quickly became friends. He inquired about my workout schedule and asked what my goals were. Trent proceeded to put a program together for me and we started training with weights twice a week for about an hour.

The first time we worked out I was really amazed at how my muscles felt. I thought I worked out extremely hard, but it's a different story when someone is behind you forcing you to do those last three repetitions when you think your biceps are going to burst.

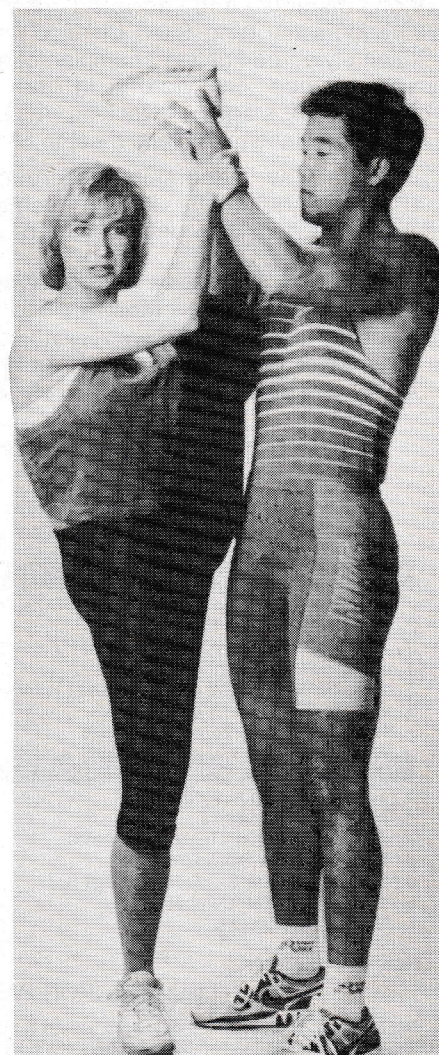
It's the same story in martial arts training. When you work with an instructor, you usually work twice as hard as when you're training on your own. When working by yourself it's easy to come up with various excuses to take a few breaks.

Within a few weeks I began to notice my body definition changing. I was impressed because I've been working on my own every day of the week — forever. When a trainer is with you he can take you further than you can go on your own. You need that extra help on the last set because that's when your muscles are really going to become defined.

My attitude toward trainers has changed. To me, they are the greatest asset you can have during an exercise program.

One problem may be that you can't afford a personal trainer. One suggestion is to find a friend to exercise with you; this way you can be each other's trainer. The best bet is to seek out someone you know who is trained in teaching weights.

I knew most of the exercises Trent showed me, but in some instances I was not using the



muscle in question to its maximum capability. I found out when I was working on my back that I would use about 75 percent of the back muscles and 25 percent with arm strength. It's important when you want to define your muscles that you use that particular muscle 100 percent.

It's a good idea to have someone check out your positions from time to time to make sure you haven't developed bad habits. Working with weights is definitely hard work but the results are well worth it. The stronger your body becomes the better you will feel and your martial arts will improve.

One thing to remember is that you must set a goal and stick to it. If you're consistent and work hard you'll see results. Sometimes I think we all need a boost to get that excitement back into our workout. For me, Trent was it.

About the Author: Cynthia Rothrock is a contributing editor of Inside Kung-Fu.



BRENDAN LAI'S SUPPLY CO.

WHOLESALE, RETAIL, MAIL ORDERING, BOOK DISTRIBUTION

2075 MISSION STREET
SAN FRANCISCO, CA 94110
(415) 626-8850

THIS PAGE IS FOR LIGHT CHROMED HARD STEEL (LCHS) WEAPONS

(LCHS) SINGLE BROADSWORD (DAN-DAU) W/O CASE:

Please specify blade length choice: 25"(S); 26 1/2"(M); 27 1/2"(L); 29"(XL). Weights about 2 lbs. each.
KU760 \$25.95 (P&H: \$5.00)

(LCHS) SINGLE BROADSWORD (DAN-DAU) WITH CASE:

Please specify blade length choice: 25"(S, 1lb); 26 1/2"(M, 1 1/2 lb ea.); 27 1/2"(L, 1 1/2 lb ea.); 29"(XL, 2lb).
KU761 \$59.95 (P&H: \$5.50)

(LCHS) TWIN BROADSWORDS (SHUANG-DAU) WITH CASE:

Please specify blade length choice: 25"(S, 1lb ea.); 26 1/2"(M, 1 1/2 lb ea.); 27 1/2"(L, 1 1/2 lb ea.); 29"(XL, 1 1/2 lb ea.).
KU762 \$84.95 (P&H: \$6.50)

(LCHS) SINGLE SWORD (DAN-JIANN) WITH CASE:

Please specify blade length choice: 24 3/4"(S, 3/4 lb); 27 1/4"(M, 1lb); 29"(L, 1 1/4 lb); 31"(XL, 1 1/2 lb).
KU763 \$59.95 (P&H: \$5.00)

(LCHS) TWIN SWORDS (SHUANG-JIANN) WITH CASE:

Please specify blade length choice: 25"(S, 3/4 lb ea.); 27 1/2"(M, 1lb ea.); 29"(L, 1lb ea.); 31"(XL, 1 1/4 lb ea.).
KU764 \$99.95 (P&H: \$6.00)

(LCHS) SHORT-HANDLE 9-RINGS BROADSWORD (JEU-HWAN-DAU):

25 1/2" blade length; weighs about 3 lbs.
KU765 \$54.50 (P&H: \$5.50)

(LCHS) WAVY-EDGE SINGLE BROADSWORD (SHIH-SAN-MEY-DAU) W/O CASE:

23 1/4" blade length; weighs about 1 1/2 lbs.
KU765 \$39.95 (P&H: \$5.00)

(LCHS) CHINESE BUTTERFLY-KNIVES (HWU-TIEH-DAU) WITH CASE:

19 1/2" total length; 15" blade length; weighs about 1 1/4 lbs. each piece.
KU769 \$69.95 (P&H: \$6.50)

(LCHS) SHORT-HANDLE GOLD-COIN BROADSWORD (JIN-CHIEN-DAU):

25 1/2" blade length; weighs about 2 3/4 lbs.
KU767 \$54.50 (P&H: \$5.50)

(LCHS) 4-HEADS DEER-HORN-KNIVES (TZYY-MUU-IUAN-IANG-YUEH):

11" total length; weighs about 1 1/4 lbs. each piece.
KU770 \$69.95 (P&H: \$5.50)

(LCHS) METEOR HAMMER (LIOU-SHING-CHUI):

197 1/2" total length with rope; 2" head; weighs about 1 lb.
KU776 \$17.95 (P&H: \$3.50)

(LCHS) DOUBLE DAGGERS (SHUANG-BII-SHOU):

11 1/2" total length; weighs about .3 lb. each piece.
KU771 \$11.95 (P&H: \$3.50)

(LCHS) LONG-HANDLE HORSE-CUTTER WITH LONGER BLADE (SHUANG-SOU-DAU):

63" total length; 30" blade length; weighs about 4 1/2 lbs.
KU203 \$79.95 (P&H: \$8.50)

(LCHS) LONG-HANDLE HORSE-CUTTER WITH SHORTER BLADE (TSAY-YANG-DAU):

78" total length; 25 1/2" blade length; weighs about 5 lbs.
KU204 \$79.95 (P&H: \$16.50)

(LCHS) LONG-HANDLE 9-RINGS KNIFE (JEU-HWAN-DAH-DAU):

77 1/2" total length; 25 1/2" blade length; weighs about 5 1/4 lbs.
KU208 \$84.95 (P&H: \$16.50)

(LCHS) LONG-HANDLE GOLD-COIN KNIFE (JIN-CHIEN-DAH-DAU):

77 1/2" total length; 25 1/2" blade length; weighs about 5 lbs.
KU209 \$89.95 (P&H: \$16.50)

(LCHS) MONK'S SPADE (YUEH-YA-CHAAN):

81 1/2" total length; 12" blade length; weighs about 6 lbs.
KU207 \$119.95 (P&H: \$16.50)

(LCHS) BLUNT-HEADED 3-PRONGS FORK (DUENN-TOU-GANG-CHA):

67" total length; 12" fork length; weighs about 2 lbs.
KU202 \$39.50 (P&H: \$8.50)

(LCHS) LONG-HANDLE GREEN-DRAGON-KNIFE (CHING-LUNG-DAH-DAU):

86 3/4" total length; 25 1/4" blade length; weighs about 8 1/2 lbs.
KU478 \$149.50 (P&H: \$16.50)

(LCHS) LONG-HANDLE SPRING-AUTUMN-KNIFE (CHUEN-CHIOU-DAH-DAU):

85 1/2" total length; 24" blade length; weighs about 8 lbs.
KU201 \$115.00 (P&H: \$16.50)

DOUBLE-HEADED SPEAR (SHUANG-TOU-CHIANG) WITH LCHS SPEAR HEADS & CHINESE-WHITE-WAX-WOOD-POLE:

6 3/4" long spear heads; 73 1/2" total length of thin pole; weighs about 1 1/4 lbs.
KU777 \$29.95 (P&H: \$6.00)

(LCHS) SECTIONAL CHAIN WHIPS:

(A) 7-SECTIONAL (CHI-JYE-BIAN): 51 1/2" total length; 4 1/4" each section of 6/16" thick at the center; weighs about 2 lbs.
KU773 \$44.95 (P&H: \$4.00)
(B) 9-SECTIONAL (JEU-JYAL-CHIANG): 57" total length; 4 1/4" each section of 5/16" thick at the center; weighs about 2 lbs.
KU774 \$49.95 (P&H: \$4.00)

THICK CHINESE-WHITE-WAX-WOOD 3-SECTIONAL STAFFS (SAN-JYE-QUENN) WITH LCHS CHAINS:

27" each section; 1" diam. thick; weighs about 2 1/2 lbs.
KU768 \$34.95 (P&H: \$4.00)

(LCHS) SOUTHERN-TIGER-FORK (NAN-FANG-DAH-PA):

91" total length; 20 1/2" fork length; 14" blade length; 70 1/2" long Chinese-White-Wax-Wood-Pole; weighs about 4 1/2 lbs.
KU200 \$74.95 (P&H: \$16.50)

(LCHS) DOUBLE HOOK-SWORDS (SHUANG-GOU):

38 1/2" total length; weighs about 2 1/4 lbs. each piece.
KU538 \$89.50 (P&H: \$6.00)

(LCHS) ROPE DART (SHENG-BIAO):

174" total length with rope; 5 1/2" long dart; weighs about .7 lb.
KU775 \$14.95 (P&H: \$3.50)

(LCHS) SINGLE-SIDED HALBERD (DAN-JII):

98" total length; 23" blade length; weighs about 4 1/4 lbs.
KU205 \$69.95 (P&H: \$16.50)

(LCHS) SNAKE-TONGUE SPEAR (SHER-SHE-CHIANG):

97" total length; 20 3/4" blade length; weighs about 3 3/4 lbs.
KU206 \$59.95 (P&H: \$16.50)

(LCHS) SPEAR HEAD (CHIANG-TOU):

8" total length; weighs about .3 lb.
KU772 \$ 6.50 (P&H: \$3.00)

ATTENTION PLEASE:

All "Light Chromed Hard Steel" weapons are made of chromed hard steel that is neither as thin as the "light spring steel", nor is as thick and as heavy as the "combat steel". While their blades are not flexible at all, like those made of spring steel, they don't have sharp edges either, like those made of combat steel. These weapons are highly favored by the traditional Kung-Fu stylists both for trainings and for performances.

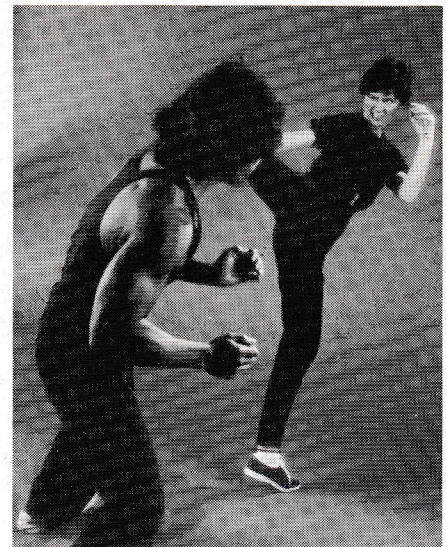
This company has been offered the sole distributorship of this type of weapons in N/S America by its manufacturing factory in China. We are happy to offer good wholesale discounts to all stores and schools. Please call to talk to Brendan Lai for a good wholesale discount if you are thinking of buying in quantity.

To order, please:

- (1) Send in an order with your name, address & phone no. in clear block letters;
- (2) Send in also a money order for costs + Shipping, for fast processing. Personal checks will be held 30 days for bank's clearance. Visa & BankAmericard accepted if:
 - (a) You are the card holder and sign your name on the order form;
 - (b) Shipment is sent to card holder's address;
 - (c) Card holder's driver's license is provided for verification.
- (3) Notice that shipping charges listed are for purchases of 1 item per order only. For more than 1 item per order, please call first for total shipping charges based on actual packing. Thank you!

The Real Thing

By S.C. Dacy



She moves a goddess, and she looks a queen. **Lucky Seven II** dares to present hardcore Hongkongese action in a movie guaranteed to thrill both adult viewers *and* their kids — especially when **Tsumura Yukari** reigns supreme.

Although its basic plot breaks no new ground for creativity, **LS2** should stun most Western viewers by casting pre-teen kiddies in fights usually performed by men *thrice* their age.

As seven nasty brats sent to military school to reform, these punks pay for their screen crimes with *real-life* punishments that no adult American film actor's agent would allow him to take. Parents who want to introduce their offspring to the HK New Wave can find no better blend of childish jokes and mature combat.

The super treat for grown-ups is the latest triumph from the Nipponese who has so absorbed "Video Kicks" for the past few months. Tsumura energizes as a crime boss who kidnaps rich kiddies, struts with more sinister authority than any *Miami Vice* druglord, and, in one scene, singlehandedly thumps all seven heroes.

Sharper viewers will realize that Tsumura here ascends into the lofty martial ranks of Jackie Chan, Yuen Biao, and Samo Hung. Forced to hold back some strength against the child stars, she shifts greater emphasis to her spectacular gymnastic skills, and her eye-popping flips, twists, and kicks deserve to be rerun until the VCR blows its fuses.

Kung-Fu Wonder Child almost upstages still more terrific work by Tsumura, who adds to her mystique by being officially billed as "Oshima Yukari"!

Before viewers can figure out how her name changed, Tsumura/Oshima gets sucked into an extremely bizarre fairy tale, with *Peter Pan*-ish hero versus every type of fantastic villain from traditional Chinese vampires to an animated cartoon dragon. **Lin Hsiao Lan** stars as the (suspiciously feminine) magic superboy whose combat scenes involve more pyrotechnics and wire levitations than the most lavish **Kiss** concert.

Parents can again take comfort in exposing this adventure to children who have outgrown *Ultraman* but want to see martial arts pics. The numerous fights deliver much of the picturesque acrobatics and powerful energy that adults love in HK action movies, yet without losing the *unreality* by lingering on blood and gore; though most of the stars die, the fantasy stays *fun*.

While their heirs marvel at nutty monsters and weird people, parents will behold Tsumura as she has never before been on view. Playing the also-supernatural regal sister of the

superboy hero, she proves equally able to stomp on goofy ghosts and ghouls; her arsenal includes the ability to swoop and soar through the air.

Nothing here rivals the superior imagination and effects of **Tsui Hark's** modern-day wonder *Zu: Warriors of the Magic Mountain*, yet this performance, with her samurai in *Millionaire's Express*, proves that Tsumura packs a punch in both contemporary adventures and costume epics — another sign of a *genuine* star.

On the growing list of the Top Female Action Stars from Asia, Tsumura Yukari now ranks in a nose-to-nose dead-heat for No. 1, and her lone rival has only four advantages.

Joyce Godenzi humbly lists but four *real* action roles on her video resume — yet one of those is *Eastern Condors*.

Godenzi completely controls the screen during scenes and in entire roles that involve *no* combat.

Godenzi automatically dominates attention without any effort, because the movie camera loves her.

Godenzi ultimately holds a double-barreled *cultural* equalizer — her *AngloAsian* beauty makes her more attractive for Westerners, then her command of English makes her more exportable.

However, for ferocious force blended with lethal sensuality . . . for photogenic gymnastics punctuated with vigorous combat . . . Tsumura Yukari is the *winner* and *new champion*.

Meanwhile, pretenders to those thrones only prove why neither Godenzi or Tsumura need lose any sleep.

Yes, *Madam III* tries to make up for the loss of both **Cynthia Rothrock** and **Michelle Khan** with the Taiwanese actress who's most

Continued on page 90

\$ FINALLY! \$

THE MOST "PERFECT" HOME-BASED MONEY-MAKING BUSINESS ON EARTH!!

FREE, NEVER-BEFORE RELEASED REPORT details the World's most "PERFECT" home-based business Opportunity!

Earn up to \$3000/WEEK AT HOME ... STARTING IMMEDIATELY! ... IN YOUR SPARE TIME ... With ABSOLUTELY NO BUYING OR SELLING ANYTHING!

NO Rip-Offs, Let-Downs, or GIMMICKS ... Just TRUE WEALTH!! Don't miss out! ... Send for your EXCITING FREE REPORT TODAY! ... Do it NOW!

Prof. Howard Lapes,
P.O. Box 348 KF 02
Hastings-On-Hudson, NY 10706-0348

CHAMPION ENTERPRISES

New Opening In Scarborough. Grand Opening special: J. Rhee Kick/Fist buy one get one FREE in presence with ad

Advanced Wing Chun: Send money order to B27 Winco Parks, 2370 Midland Ave., Scarb. M1S 1P8 Canada. In USA: \$20 US, Canada: \$28 Can. Postage included.



** Send \$2 for catalog.

Wing Chun Kung Fu Centre

Unit B27 2370 Midland Ave. Scarborough, Ontario Headquarter Ph. (416) 321-5913
5 Prince St. Moncton, New Brunswick Te. 389-1323 Inst. Joe Boychuck

DIT DA JOW

The most powerful formula ever offered to the public.

Master herbalist's personal recipe. This is the real thing!

Amazing healing qualities for stressed muscles, tendon, ligaments, twisted joints and severe bruises. Superb for hand/body conditioning.

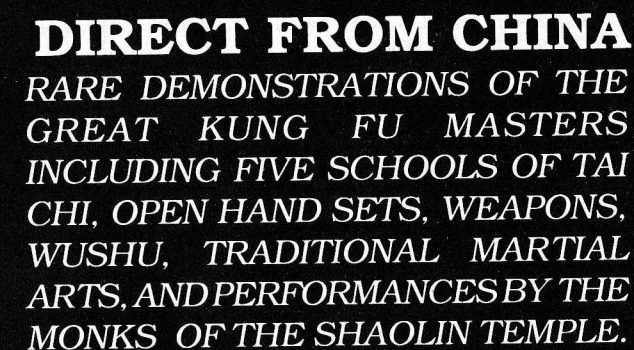
SATISFACTION GUARANTEED

Use less with greater results. A single fl. oz. can last 6 months.

★ \$9.95 per bottle plus 75¢ each for shipping.

MAKE CHECKS PAYABLE TO Steven Machado
c/o Aspen Tai Chi Society
P.O. Box 4491
Aspen, CO 81612
303-920-2340

中華武林名人



TAPE#	QTY.	TAPE#	QTY.	PRICE
California Residents add 6-1/2% Sales Tax.				
Add \$4.00 per tape for shipping and handling.				
TOTAL ENCLOSED				

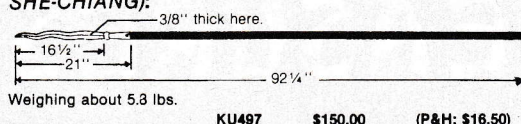


BRENDAN LAI'S SUPPLY CO.

WHOLESALE, RETAIL, MAIL ORDERING, BOOK DISTRIBUTION

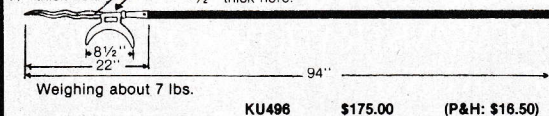
2075 MISSION STREET
SAN FRANCISCO, CA 94110
(415) 626-8850

COMBAT STEEL SNAKE-TONGUE-SPEAR (SHER-SHE-CHIANG):



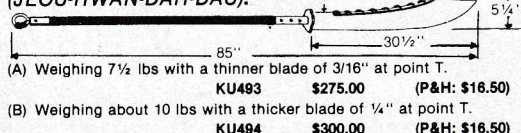
KU497 \$150.00 (P&H: \$16.50)

COMBAT STEEL SINGLE-SIDED-HALBERD (DAN-JII):



KU496 \$175.00 (P&H: \$16.50)

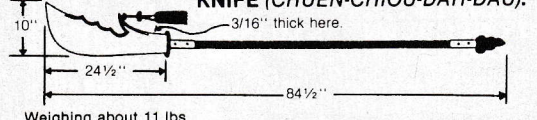
COMBAT STEEL 9-RINGS-LONG-HANDLE-KNIFE (JEOU-HWAN-DAH-DAU):



KU493 \$275.00 (P&H: \$16.50)

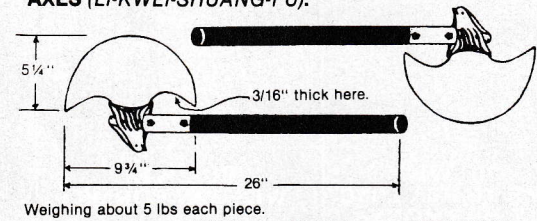
KU494 \$300.00 (P&H: \$16.50)

COMBAT STEEL SPRING-AUTUMN-LONG-HANDLE-KNIFE (CHUEN-CHIOU-DAH-DAU):



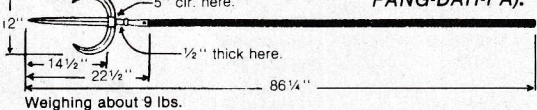
KU435 \$300.00 (P&H: \$16.50)

COMBAT STEEL LI-KWEI STYLE DOUBLE SHORT AXES (LI-KWEI-SHUANG-FU):



KU350 \$175.00/pr. (P&H: \$12.00)

COMBAT STEEL SOUTHERN-TIGER-FORK (NAN-FANG-DAH-PA):



KU492 \$250.00 (P&H: \$16.50)

SINGLE-HEADED-SPEAR (DAN-TOU-CHIANG):

Comes complete with a spear head, tassels and a White-Wax-Wood staff.

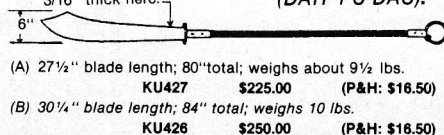
CODE	TYPE	PRICE	P&H:
KU405	79"; thin.	\$22.50	\$6/1st one; 50¢ ea. add'l up to 4 pcs.; or \$16.50 good for 14 pcs.
KU407	79"; med. thick.	\$24.50	\$6/1st one; \$7 for 2 pcs.; or \$16.50 good for 12 pcs.
KU406	79"; thick.	\$27.50	\$6/1st one; \$7.50 for 2; or \$16.50 good for 10 pcs.
KU422	91"; thin.	\$24.95	\$6/1st one; \$7 for 2; or \$16.50 good for 12 pcs.
KU423	91"; med. thick.	\$26.95	\$6/1st one; \$7.50 for 2; or \$16.50 good for 11 pcs.
KU424	91"; thick.	\$29.95	\$6/1st one; \$8 for 2; or \$16.50 good for 10 pcs.

ATTENTION:

All "Combat Steel" weapons are made of cold-roll-steel and have edges that are either semi-sharp or close to being sharp. All long weapons come with a painted hardwood staff of close to 1 1/2 inch diam. They are all solidly constructed replicas of the Ching Dynasty real Kung-Fu weapons unseen in the U.S. nowadays. Only limited supply is on hand, so please call first for reservation. Please also note the followings:

- (1) Measurements and weights listed were taken from only one sample of each type. However, they do differ slightly from one another, and so we are not responsible for their absolute accuracy. If you must be very specific, please call first for verification.
- (2) All combat steel weapons are not sold to persons under 21 years old. When order, besides your name, address and phone no. in clear block letters, please also state your age and sign right beneath it. Also, please supply the name, address and phone no.

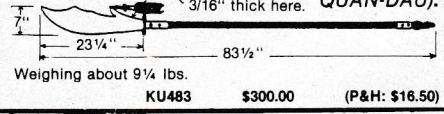
COMBAT STEEL LONG-HANDLE PU-DAU (DAH-PU-DAU):



KU427 \$225.00 (P&H: \$16.50)

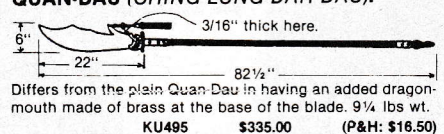
KU426 \$250.00 (P&H: \$16.50)

COMBAT STEEL BIG-QUAN-DAU (DAH-QUAN-DAU):



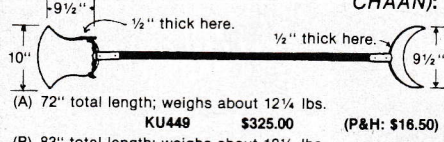
KU483 \$300.00 (P&H: \$16.50)

COMBAT STEEL GREEN-DRAGON-BIG-QUAN-DAU (CHING-LUNG-DAH-DAU):



KU495 \$335.00 (P&H: \$16.50)

COMBAT STEEL MONK'S SPADE (YUEH-YA-CHAAN):



KU449 \$325.00 (P&H: \$16.50)

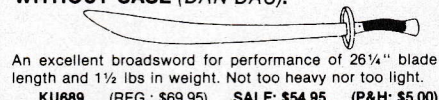
KU498 \$350.00 (P&H: \$16.50)

EYEBROW-HEIGHT STAFF (CHYI-MEI-QUENN):

A real hard wood staff of 67" long, 4 1/2 lbs weight, and 1 3/8" wide diam. capped with a 3" brass tube on each end. Excellent for the traditional Southern Kung-Fu systems.

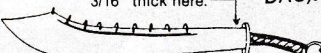
KU491 (REG.: \$79.95) SALE: \$59.95 (P&H: \$5.00)

STAINLESS STEEL BROADWORD WITHOUT CASE (DAN-DAU):



KU689 (REG.: \$69.95) SALE: \$54.95 (P&H: \$5.00)

COMBAT STEEL SHORT-HANDLE 9-RINGS BROADSWORD (JEOU-HWAN-DAU):



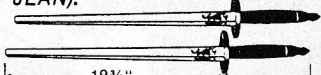
(A) Lighter: 27 1/2 inch blade length; 37 1/2 inch total. Weighs about 5 1/4 lbs.

KU667 \$175.00 (P&H: \$8.00)

(B) Heavier: 30 1/4 inch blade length; 43 inch total. Weighs about 7 1/2 lbs.

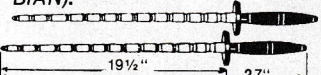
KU666 \$200.00 (P&H: \$8.00)

SOLID STEEL OBLONG-BLADED SWORDS (SHUANG-JEAN):



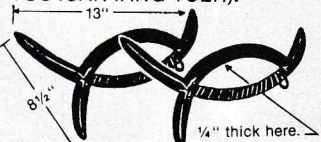
KU349 \$175.00/pr. (P&H: \$8.00)

SOLID STEEL BAMBOO-LIKE-BLADED SWORDS (JWU-JYE-BIAN):



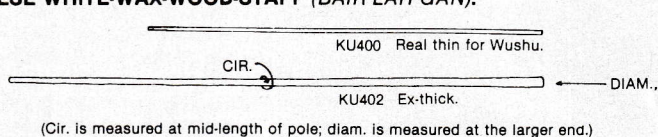
KU348 \$175.00/pr. (P&H: \$8.00)

COMBAT STEEL 3-HEADS DEER-HORN-KNIVES (SANTOU-IUAN-IANG-YUEH):



KU343 \$125/pr. (P&H: \$5.50)

CHINESE WHITE-WAX-WOOD-STAFF (BAIR-LAH-GAN):



CODE	TYPE	CIR.	DIAM.	LGH.	WT.	PRICE	P&H:
KU400	Real thin for Wushu.	2 9/16"	15/16"	72"	0.90#	\$ 9.95	\$6/1st one; 50¢ ea. add'l up to 4 pcs.; or \$16.50 good for 14 pcs.
KU400-1	Same, but longer.	2 10/16"	1"	84"	1.50#	\$11.95	\$16.50 good for 1 to 12 pcs.
KU411	Same, but thicker.	2 14/16"	1 3/16"	84"	1.75#	\$13.95	\$16.50 good for 1 to 10 pcs.
KU412	Medium thick.	3 14/16"	1 3/16"	84"	1.90#	\$15.95	\$16.50 good for 1 to 10 pcs.
KU408	Thick.	3 10/16"	1 7/16"	84"	2.75#	\$19.95	\$16.50 good for 1 to 8 pcs.
KU402	Ex-thick.	3 14/16"	1 6/16"	92"	2.80#	\$29.95	Cal.: \$16.50 good for 1 to 2 pcs.; Out of State: Good for 1 to 7 pcs.
KU402-1	Same, but longer.	3 14/16"	1 6/16"	99"	2.90#	\$32.95	Cal.: \$16.50 good for 1 to 2 pcs.; Out of State: Good for 1 to 7 pcs.
KU402-2	Thicker, yet shorter.	4 1/16"	1 6/16"	92"	3.00#	\$34.95	Cal.: \$16.50 good for 1 to 2 pcs.; Out of State: Good for 1 to 6 pcs.
KU403	Thicker and longer.	4 4/16"	1 14/16"	97 1/2"	3.75#	\$39.95	Cal.: \$16.50 good for 1 to 2 pcs.; Out of State: Good for 1 to 5 pcs.
KU403-1	Longer, yet thinner.	3 12/16"	1 8/16"	104"	3.25#	\$42.95	Cal.: Need to be trucked; O of S: \$16.50 good for 1 to 5 pcs.
KU403-2	Still longer.	3 12/16"	1 6/16"	111"	3.75#	\$44.95	Need to be trucked to all U.S.

of your studio as well as the head instructor's name, for verification of your age. If you are yourself the head instructor, please add to your name the title "Sifu".

- (3) Buyers, by sending us the orders, know that they are buying replicas of the Ching Dynasty real Kung-Fu training weapons, and agree to waive us of all liability due to their close to realistic condition.
- (4) Shipping charges listed are for purchases of one item per order only. For more than 1 item per order, please call first for total amount based on actual packing.
- (5) Fast processing for orders with money orders. Personal checks held 30 days for bank's clearance. Visa & BankAmericard accepted if:
(a) You are the card-holder and sign your name on the order form;
(b) Shipment is sent to your own address; and
(c) Driver's license is provided for verification. Thank you!

□ MAIN EVENTS

Main Events is presented as a public service to martial arts promoters, competitors and enthusiasts. Send information at least three months in advance of event to: Main Events, 4201 Vanowen Place, Burbank, California 91505.

January 7th, February 4th, March 4th, April 1st, May 6th, June 3rd, July 1st, August 5th, September 2nd, October 7th, November 4th, and December 2nd

CHEN STYLE TAI CHI COMBAT APPLICATIONS SEMINAR. With Chen tai chi chuan master Howard Handler. To be held in Tampa, Fla. A one-day intensive training. Will offer a demonstration of the original Chen tai chi form, as practiced by Chen Chang Hsing and Yang Lu Chan. Will offer complete self-defense training course and applications to Chen tai chi movements. New video available. Learn the combat applications of your style's movements. Contact The World Tai Chi Federation, 2903 Waters Ave. West, #23A, Tampa, FL 33614; (813) 931-1625.

January 13th-14th, 1990
INDONESIAN PENTJAK SILAT SEMINAR WITH PAUL DE THOUARS. Covered will be jurus, langkabs, sambuts, sweeping, counter-ing, locks, and throwing manipulations of the bukti negara derivation of serak. Contact Magda Institute, 7255 Canby Ave., Reseda, CA 91335; (818) 342-2455.

January 27th-28th
BUDDHIST CHI KUNG: The I Chin Ching set, to strengthen and condition the muscles and bones, leading to vibrant health. Will be complemented by meditation and martial arts philosophy. With Ken Cohen at Cloud Mountain Retreat Center, near Seattle and Portland. Contact Cloud Mountain, 373 Agren Rd., Castle Rock, WA 98611; or call Harrison Moretz (206) 782-0259.

DAN INOSANTO SEMINAR. Montreal, Quebec, Canada. Kali, pentjak silat, muay Thai and Jun Fan (JKD Concepts). Contact Philip Gelinas, 4560 St. Catherine St. West #2, Montreal, Canada; (514) 935-7055 or (514) 933-0010.

February 3rd
1990 BOSTON KRANE INTERNATIONAL KARATE CHAMPIONSHIPS. Rated AA by PKL/AKL. At Revere High School Field House, Revere, Mass. Contact Tony Coglian- dro, 171 Broadway, Saugus, MA 01906; (617) 233-8135.

February 10th
JEET KUNE DO SEMINAR with sifu Jerry Poteet, original student and close friend of the late Bruce Lee. Seminar will cover Bruce Lee's original techniques and training methods. Contact Jeet Kune Do Seminar, 267 West Valley Ave., Suite 223, Birmingham, AL 35209; (209) 942-1441.

March, 1990
REALISTIC FORMS OF KNIFE DEFENSE. In Boston, Mass. Han-

dling offensive-techniques, interpretation of euchi-ryu kata relative to knife self-defense. Live blades will be used. Contact Bill Finnerty, 214 Washington St., Norwell, MA 02601, Lot 33.

March 10th
JEET KUNE DO ENTERING, STICKING & TRAPPING SEMINAR with sifu Lamar M. Davis II. Seminar will cover closing the gap on the opponent, energy/sensitivity training and trapping hands as taught by the late Bruce Lee. Contact Jeet Kune Do Seminar, 267 West Valley Ave., Suite 223, Birmingham, AL 35209; (209) 942-1441.

March 17th
KRANE 22nd CONNECTICUT KARATE CHAMPIONSHIPS. Rated by top organizations. Enfield High School, 1264 Enfield St., Enfield, Conn. Call (203) 745-1495 or Lew Lizotte at (203) 749-2517.

March 31st
21ST U.S. EASTERN REGIONAL KARATE CHAMPIONSHIPS. Physical Education Coliseum, Montgomery College, Rockville Campus, Rockville, Md. Contact Dale Tompkins, P.O. Box 95, Gaithersburg, MD 20884; (301) 840-9261.

April 14th-15th
GEORGE DILLMAN SEMINAR on vital points hidden in forms. Covering cavity strikes and nerve attacks. Contact Jack Gustafson, 1514 N. 3rd St., St. Cloud, MN 56303; (612) 252-0144.

April 18th-19th
GEORGE DILLMAN KATA SEMINAR on vital points and pressure-point techniques. In St. Cloud, Minn. Contact Jack C. Gustafson, 1514 N. 3rd St., St. Cloud, MN 56303; (612) 252-0144.

April 21st-22nd
GEORGE DILLMAN SEMINAR in Channahon, Ill. Covering cavity strikes, nerve attacks, and other self-defense moves hidden in forms. Contact Bob Golden at (815) 467-6936.

April 28th-29th
DAN INOSANTO SEMINAR. Covering Lee jun fan martial arts and martial arts from Southeast Asia. Registration deadline Dec. 31. One-half price for certified apprentice instructors. Contact John Maidment, 1560 Bloor St., #9, Mississauga, Ontario, Canada L4X 1R8; (416) 238-5761.

May 5th
25TH ANNUAL NE OPEN KARATE CHAMPIONSHIPS. One of the oldest events in the nation. Hamburg Fieldhouse. Contact George A. Dillman, Dillman Karate Inst., RD #1 Box 7780, Reading, PA 19607; (215) 777-8444.



DEVELOP LEGENDARY ABS WITHOUT SIT-UPS...FAST!

The NINJA, for centuries the masters of innovation and technique - Now you can have their **Abdominal Power!** Beyond sit-ups (they just don't work) and 45 min. Roman Chair workouts (they're just too long), now there's **SYNERGISM.** A method where the whole is greater than the parts. Done exactly as specified, our program will power up your abs so fast - you'll be stunned! **Amazing Results in two weeks guaranteed. AND IT TAKES ONLY 6 MINUTES PER DAY, EVEN AT ADVANCED LEVELS!**

Developed by a doctor, a chiropractor, an exercise physiologist, and an expert in bio-mechanics, this program has already been used by over 30,000 beginning and advanced martial artists, bodybuilders, wrestlers, and gymnasts.

No, it's not isometrics or some other supposed short cut. It's just good science applied to conditioning. **IT WORKS.**

For \$11.95, a complete Illustrated Course. Imagine the power! No, don't imagine. Try us for a month. **Be amazed or we'll refund every penny.**

Now! I want the power! Rush me the program. I understand if not amazed, I can return it within 30 days for a full refund. So how can I lose?

ORDER FROM:

SEND TO:

HEALTH-FOR-LIFE

8033 Sunset Blvd.
Suite 483
L.A., CA 90046

enclosed: \$11.95 plus \$1.50 postage/handling
☐ check ☐ money order

Credit card orders, call TOLL FREE 1-800-874-5339
In Calif., call 1-800-523-9983

California residents add 6.5% sales tax.
Foreign orders (except Canada) — \$3 postage/handling.

IK 01-2-90

NINJA WEAPONS



NINJA UNIFORM \$39.95
DELUXE QUALITY • AMERICAN MADE UNIFORM
 Styled after authentic ninja suit. Comes with two piece mask & hand covers. Pants have leg ties for climbing. Jacket has hidden shuriken pocket. Made of polyester/cotton - no shrinkage. Black.
Sizes: 0 to 4'6", 1'4" - 4'10", 2'4" - 5'2", 3'5" - 5'6", 4'5" - 5'10", 5'5" - 6'1", 6' over 6'1"
No. 320
NEW!! CAMOUFLAGE NINJA UNIFORM 321
 Same specifications as above **\$41.95**

HI TOP TABI \$19.95



New Velcro Fasteners!

These authentic ninja style tabi feature calf high black canvas uppers with **velcro fasteners** along inside of leg. Exclusive no-slip rubber-sole is ribbed for traction & molded onto uppers for long lasting wear. **Sizes:** 6, 7, 8, 9, 10, 11, 12, 13.

No. 315

NINJA BOKKEN \$5.95

Constructed of polished hardwood & shaped after the Ninja-To for realism in training. 24" blade length w/square guard. Natural
No. 7484
 Black Ninja Bokken **No. 7484B**

KASARI-FUNDO \$10.95

Black Ninja weighted steel chain. Authentic weight and length according to Stephen Hayes. 30" long.
No. 7480

NOTE: We are not responsible for illegal or improper use of these products. **Parents** Please help your child in selection and use of items in this ad to insure their safety.

ADD SHIPPING

Orders to \$10.00... \$1.75
 \$10.01-20.00... \$2.50
 \$20.01-40.00... \$3.50
 Over \$40.00... \$4.00

Calif. residents add 6% sales tax.

Personal checks delay orders 4 weeks.

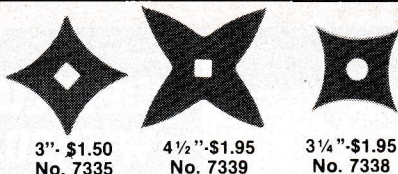
Prices subject to change without notice.

Wholesale rates available.

CANADIAN SHIPPING

Orders to \$20.00... \$3.50
 \$20.01-40.00... \$6.00
 \$40.01-60.00... \$10.00
 Over \$60.00... add 12.00
 Hawaii, P.R. use above table.

Stars and nunchaku not sold in Calif., N.Y., Mass., Canada or where prohibited by law.



3" - \$1.50
 No. 7335

4 1/2" - \$1.95
 No. 7339

3 1/4" - \$1.95
 No. 7338

NINJA STARS

Now in Tempered Steel!

No.'s 7338, -39, are made of tempered steel with sharpened edges. No. 7335 has plain edges. All stars approx. 1/8" thick. Black.



TABI SOCKS

\$4.95

Split-toe tube style socks are long enough to wear with high or low top tabi. Soft terry lining for comfort. Made of nylon/cotton. One size fits all. Black. Also great with sandals.
No. 317

MASTER NINJA STAR \$2.95

Replica of the star used on TV show, "The Master". This star features sharpened edges & is made of **tempered steel**. Throws extremely well. Approx. 1/8" thick & 4" diam. Black
No. 7330 *Our Best!*



STARCASE

\$2.50 ea.

Blk vinyl with belt loop.

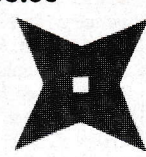
3" **No. 7413**

4" **No. 7414**

5" **No. 7415**

NINJA STAR \$3.95

Heavy duty 5" ninja star is heat treated to prevent bending, thus insuring long lasting accuracy. All edges are ground sharp. .075" thick. Black finish **No. 7332**



SOF-STAR \$.99

5" practice star of foam rubber. Throws well.
No. 7334



MUSASHI



MUSASHI ELASTIC WAIST PANTS

AVAILABLE IN BLACK, WHITE, RED

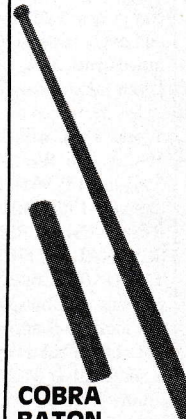
GREAT LOOKING! \$17.95

This is a brand new line we are offering. These pants feature a durable 2" elastic waist band—**no more bother with drawstrings!** Made of a medium weight material, they are comfortable and tough. Cotton/polyester resists shrinkage. Traditional five-stitch hem for extra snap! Be sure to specify your choice of color when ordering—**BLACK, WHITE, or RED.**

Sizes 1—6

No. S190..... \$17.95

SIZES: 1'4" to 4'10", 2'4" to 5'2", 3'5" to 5'6", 4'5" to 5'10", 5'5" to 6'1", 6 over 6'1"



COBRA BATON

Extends from a 6 1/2" long diameter shaft to a maximum length of 16 1/2"—**with the flick of a wrist!** Designed from aerospace alloys and synthetics. Very strong and durable. A matte grip for a good feel in your hand.
No. S192 \$34.95

BUTTERFLY KNIFE

Special Offer!

ONLY

\$9.95 ea.



Chrome skeleton handle. Sharp Bowie blade style. 4" blade, 9" open, 5 1/4" closed. A great economy knife for practice. Beginners and experts can learn advanced moves that would damage a more expensive knife. Solid feel.
No. W-41

JEET KUNE DO

FILIPINO KALI

VIDEOTAPES

by Ted Lucaylucay

Ted is one of the very few authentic Jeet Kune Do & Kali instructors, having started in Dan Inosanto's back yard gym. His long time involvement in these arts makes him one of the most knowledgeable instructors around. In his candid manner, he shares with you some of the concepts of JKD & Kali in these dynamic tapes.

KALI/JKD I: Covers weapon & empty hand training positions, angularization theory in offense and defense, angles of attack, mobility, safety factors & more. **No. T901 \$49.95**

KALI/JKD II: Covers training drills on the equipment. Included are: focus gloves, heavy bag, mok jong, kicking shield, double end bag & 5 ways of attack. **No. T903 \$49.95**

KALI/JKD III: Covers more advanced concepts such as: timing/rhythm drills, counterattacks, trapping drills, drills to develop sensitivity & more. **No. T903 \$49.95**

Buy 2 tapes and get third tape FREE!
Pay only \$99.90! **VHS**

How To Order

No order form is required, just print your name and address and what you want, quantity, stock no., size, etc. **Add Shipping from table at left. Ca. residents must add 6% sales tax.** Enclose payment in M.O. or check. Mastercard and Visa accepted with \$20 minimum. **No COD.**

30 Day Refund or Exchange Policy

If you are not satisfied for any reason, you may within 30 days return your purchase unused and in perfect condition to receive a full refund-less shipping. **Exchanges must include return shipping.**



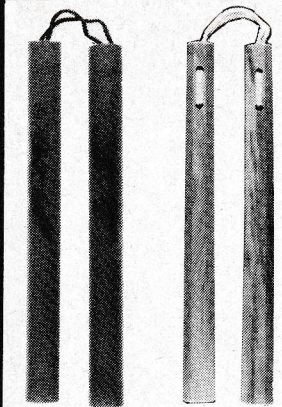
MUSASHI MARTIAL ARTS
 1842 S. Grand Ave. Dept. IK
 Santa Ana, CA. 92705

(714) 557-4274

Mastercard and Visa accepted.



NUNCHAKU



No. 7000B
12" Blue
w/gold dragon
rubber
chuck \$2.95

No. 7010
12" Oct. Cord
Nat. Hdwd
Nunchaku
\$3.95

No. 7072
Nat. Rd.

No. 7069
Blk. Oct.

12" Ball Bearing Hardwood. Lacquer
Finish. 7 link chain. **\$8.95ea**

BUY 2 ONLY \$16.00!



PACIFIC CUTLERY BUTTERFLY KNIVES ONLY \$21.95

REG. \$39.95

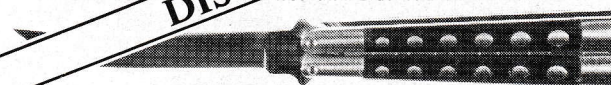
The International Series - incomparable Pacific Cutlery at an affordable price. All knives feature 4" stainless steel blades with heavy duty alloy handles. Black handles feature black blades. All blades are single edged and very strong.
List \$39.95 Our Price \$21.95



No. 138 4" Skeleton Tanto / No. 148 Black



No. 148 Weehawk: Brushed steel handles.



No. 158 4" Tanto w/black inset handles

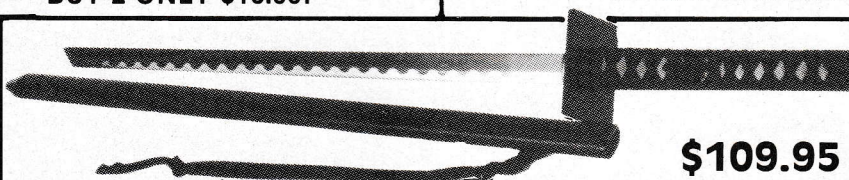


No. 159 4" Weehawk w/black inset handles



SHINOBI POCKET \$7.95

Black tie-on pocket. Elastic opening with safety ties. Can be worn on right or left leg. Perfect for ladders, nets, weapons, etc. Works with any suit. One size fits all. **No. 323**



\$109.95

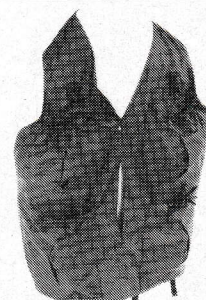
AUTHENTIC STEEL NINJA-TO OUR VERY BEST — TEMPERED STEEL SWORD

This is the best Ninja sword we've ever offered, boasting a super strong 24" 440 stainless steel blade. Rockwell hardness: C-56. Satin black chrome finished steel blade is 1" wide & 3/16" thick with a visible temper line along edge. Blade is straight & extremely sharp. 4" square guard. Blade tang extends length of 9 1/2" long handle which is tightly wound with classic black braiding over imitation shark skin with menuki on each side under braid. Textured wooden scabbard is 28 1/2" long with pointed metal tip. A very well balanced sword that feels good in the hand.

No. 7485B

Silver Ninja-To—similar to above, but with silver blade and aluminum scabbard.

No. 7485



COMBAT VEST \$17.95

Black tie-on vest. Multiple pockets, ties & loops for carrying all your gear. Split front for easy access to inside pockets. Can be worn over or under Ninja Suit. One size fits all. **No. 322**



NINJA NET \$15.95

5'x6' black net. Flexible and strong. Easy to throw. Can be used for fighting, camouflage, climbing, traps, etc. A unique and useful weapon. **No. 7477**



CLIMBING CLAWS

Authentically styled in the U.S. Heavy duty steel hand claws are tightly secured by nylon wrist straps. Heavy steel foot spikes are firmly secured to feet by black nylon cord. Children under 18 require parent's consent before ordering.

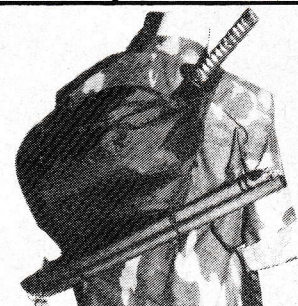
No. 7491 Hands pr. \$11.95

No. 7493 Feet pr. \$9.95



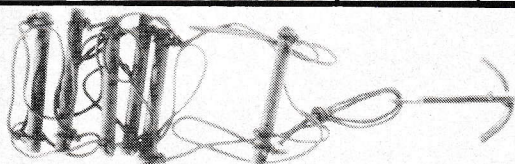
NINJA ALARM \$3.95

An alarm for your body or your home. When the key is turned out, the alarm sounds loudly. Use with a trip wire to guard an entrance or attach it to valuables. Your ingenuity is the only limit to its usefulness and effectiveness. Uses 9v. DC battery, not included. **No. 7470**



Delta Pack \$21.95

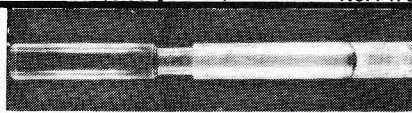
The ultimate martial arts back pack. Light weight black bag slings diagonally across the back for a comfortable fit. Outside ties hold your sword, hanbo, net, etc. Outside bottom velcro pocket for quick access to the two internal velcro pockets. Two sets of ties keep items organized in the bag. The perfect bag for everything from taking your gi to class, to full combat adventures. **No. 5100**



SCALING LADDER

\$18.95

10 feet long with 3-prong grappling hook. Very strong & light. Folds into 3 x 6" bundle to fit easily in your shinobi pocket or vest. Dual ropes for easy climbing. **No. 7475**



WATER CANNON \$17.95

Very strong, clear acrylic plastic. Shoots a powerful stream up to 60 feet! Ninja used them to launch various liquids. Modern machining, o-rings, and silicone lubricant for leak-proof performance. Also fun in the pool. **No. 7478**

BOOK AND VIDEO CATALOG!!

A fully illustrated book catalog, containing over 700 titles complete with photos and descriptions—plus over 130 videos! **Write in now!!**. **FREE** with your order or send 1.00 for handling. Remember to include your complete address.

SO. CALIF. RESIDENTS: shop at our retail stores in **STANTON (714) 894-4021** and **SANTA ANA (714) 557-4272**.



NINJA LEGGINGS \$15.95pr.

Heavy duty black Cordura leggings. Velcro fasteners and elastic panels make for a perfect fit. **Built in knife sheath on right leg, velcro pocket on left.** Aids in stealth walking and concealment. Gives any pants the ninja look. (knife not included)
SIZES: S, M, L. No. 324



MUSASHI MARTIAL ARTS 1842 S. Grand Ave., Santa Ana, CA 92705 (714) 557-4274





The Mantis System: Branching Out and Growing Stronger

By Adam Hsu

Translated by Charlie Yan and Marie Anthony

Generations of mantis practitioners have kept the art alive through continuous experimentation and development. Today's subsystems, although technically different, owe their existence to a talented group of founding fathers.

The mantis system originated in the northern Chinese province of Shandong during the Ming dynasty. After the founding of the Republic of China in 1911, mantis masters moved south. Among them was an important person, sifu Luo Gong Yu. Since sifu Luo had the sponsorship of the Shanghai Central Jin Wu Association, the mantis system developed rapidly. Later, sifu Luo moved further south and was influential in Canton and Hong Kong.

At that time, the Jin Wu Athletic Association had branches spread all over Southeast Asia. With their backing, praying mantis became one of the most important systems of Chinese kung-fu practiced in that region. It was greatly welcomed and enjoyed extreme popularity. As Chinese migrated even further to lands overseas, the mantis system was introduced to Europe as well as North and South America. Seven star (or *mei flower*) praying mantis was so impressive to Western martial artists that it became the representative of the entire system.

Tracing through the history of the mantis style, we find it was created about the same time as tai ji quan (tai chi chuan), during the late period of the Ming dynasty. At that time, kung-fu was experiencing a turn from martial technique to martial arts. Emphasis shifted from practical sparring techniques to showy, polished performance. Troops executed

maneuvers with "flower fists and embroidery legs." This was beautiful to look at but proved woefully ineffective in battle. As a result, General Qi Ji Guang undertook a complete revision of his troop training program. Even the celebrated Shaolin staff fighting practices had so degenerated that General Yu Da You personally selected some monks from the temple to practice and learn with the soldiers. He then returned them to the temple as coaches to their fellow monks so that the high quality of their staff technique might be restored.

Some kung-fu masters also devoted themselves to the study of martial technique, leaving behind precious documentation. Others integrating the strong points of various systems based on practical application, created splendid new systems. Of these, Chen Wang Ting developed tai ji quan and Wang Long created praying mantis. After 400 years of development and practice through the efforts of generation after generation of masters, these two systems have spread all over the world.

It was said by my elders that when Wang Long created the new system in Shandong province, he widely adopted methods of the other 18 styles, comprehended and digested their strong points, and developed the famous mantis hooked hands and gorilla steps, expected to match or surpass other practitioners in combat.

For correct execution of the gorilla steps, particular attention must be given to ducking

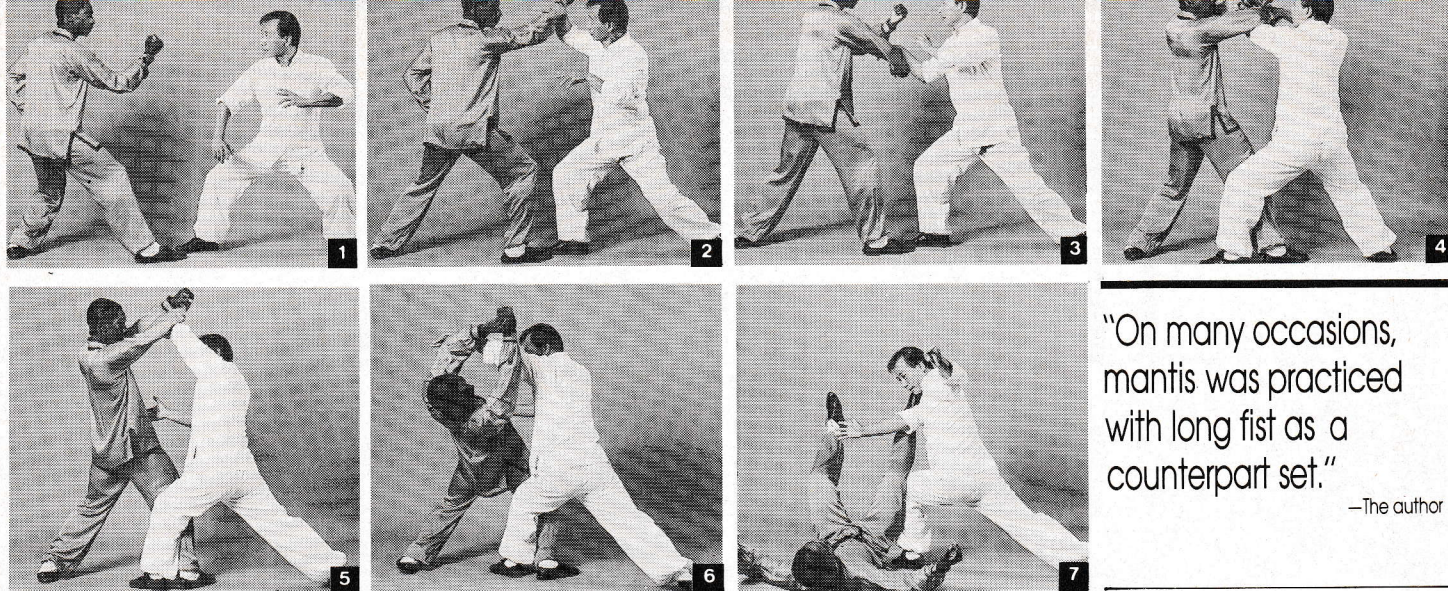
(*shan*), and turning (*zhuan*), jumping (*teng*), and moving horizontally (*nuo*), to evade substantial attack and hit the opponent's weakness. The footprints of these steps trace a pattern resembling the seven stars of the Big Dipper constellation in the sky. That is why the system was first named seven star mantis. It also shows that the creator attached great importance to the footwork in attacking, defending, entering and retreating.

Correct hand techniques need particular attention to hooking (*go*), holding (*lou*), picking (*chai*), and hanging (*gua*), to discover an opponent's "leaks" and fix one's own. In addition to using fists as spears and palm flanks as sabers, other "weapons" include wrist, arms, elbows and shoulders. Moreover, they are employed as a whole, their movements coordinating like a stem holding a cluster of mei flowers — hence the name mei flower.

So, as the original branch and source to others in the mantis system, seven star, or mei flower, became the foremost style and dominating subsystem, and now enjoys the greatest popularity in the mantis constellation.

During its long period of development, different styles were gradually derived from seven star or mei flower. Various geographic areas lent "local color" and various schools applied different understanding in their practice. Those styles characterized by expansion, delightful simplicity, and directness were called shai shou mantis (throwing hands mantis), whereas those that were more accurate and compact were named bi men mantis (close door mantis). "Close door" was later changed to secret door, a more professional title, to show it was not just an ordinary system. In reality, both come from the original style of the mantis system.

Also, some schools blended mantis with other styles. For example, to adjust the flaw of too many twist hand moves, sifu Jiang Hua



"On many occasions, mantis was practiced with long fist as a counterpart set."

—The author

On-guard position (1). Assuming the enemy attacks with a right-hand punch (2) to the face, move your right arm forward to reduce his speed, dissolve his power and redirect the punch. Your defending hand must make initial contact at his elbow area for maximum effectiveness. Then slide down toward his wrist. Next, grab his forearm or wrist area with a mantis hook and twist it, trying to get control (3). As this creates a new leak in your upper body, the enemy throws a punch with your other hand. To maintain control, do not let go of the enemy's arm. Deflect his second punch by blocking with your left arm from underneath, penetrating and lifting (4). Simultaneously move your left leg forward, placing your foot behind his foot so he can't back off. Note: In a double-punch attack, punches can be handled one by one, but high-level technique attempts to control both his arms with one of yours. Now, your left hand, creeping over the enemy's arm, grabs it with a mantis hook (5). Locking his arms together, your right arm is now free to drop to his open torso. Shift your weight forward, using the heel and knee of your left leg to lock his front leg. Continuing your left arm movement, push the enemy's arm toward him and use your right palm to chop his waist in the same direction (6). Then press his knee into the back of his knee in the opposite direction. A continuation of these pressures to his upper and lower body gives you the leverage to throw the enemy to the ground (7). Your front leg must control the enemy's front leg, making it impossible for you to move it. To apply enough pressure to throw him, the secret is to use your back leg like a paddle; sweep your right leg to the left, causing your left leg to pinch inward.

Long adapted techniques from *tong bei* and *xing yi* (hsing-I), along with the addition of a few more steps. These steps became one of the most important mantis exercises. The result observed in close sparring opened a new field for this system. In accordance with its hallmark steps, it was named eight step mantis.

Even earlier than the birth of eight step mantis, sifu Wei De Lin, who concurrently practiced six harmonies styles, combined the two and created the techniques of six harmony mantis. He believed that since a gorilla is tall and strong he shouldn't be good at leaping, so four six-steps and three seven-steps were adopted to handle entry and retreat. The hand techniques shifted the emphasis from "leaking" to "sticking;" touching, sticking, linking and following the opponent closely like a shadow.

Because practitioners of six harmony mantis were particular about combining the internal and external aspects as well as balancing yin and yang in exercising the body, the style by comparison is softer than seven star or mei flower so people called seven star "hard mantis" and six harmony naturally became "soft mantis."

As a matter of fact, excess hardness is too yang, or too firm; excess softness is too yin, or too gentle. All mantis styles should balance softness with hardness, gentleness with firmness. Only with yin and yang in harmony can this be regarded as a high-quality product.

The conspicuous trademark of mantis is a pair of hooked hands. However, practitioners of some mantis systems, though still expert at hooking, holding, picking, and hanging, don't often show their hooks. Thus, these systems were named bare-board mantis. Since a few other branches such as eight step and six harmony also show less of the hooked hand,

should these be classified under this large category of bare-board mantis as well?

In Shandong province, kung-fu was a thriving practice with many existing schools and systems. Some people even simultaneously practiced several different systems. A profusion of exchange took place among styles and practitioners, serving to promote the maturity and proficiency of martial arts.

In examining history, we find that on many occasions mantis was practiced with long fist as a counterpart set. Of these, best known are big, medium, and small tiger swallow sets (*hu yan quan*). In the recent past in Taiwan, there was even a long fist mantis.

Moreover, some mantis sets have absorbed leg techniques, rolling, and tumbling of *di kung men* (earth kung-fu style). The degree of blending depended on the practitioner. Later, some mantis practitioners probably adopted more techniques from the earth kung-fu style and *di kung* mantis was born.

In martial arts circles, many schools, factions, systems, or branches have flaunted their superiorities. Perhaps in those days teachers felt this was needed to recruit more students — they had to advertise. Another reason was that students who respected and admired the achievements of their teachers deliberately adopted this behavior. These divisive tactics sabotaged unity in the martial arts community and from time to time made it unnecessarily difficult to research and study the different systems.

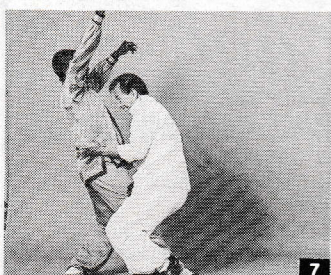
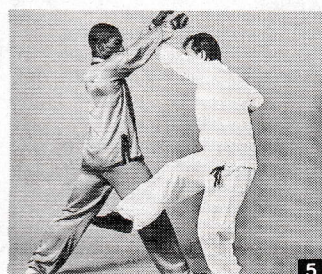
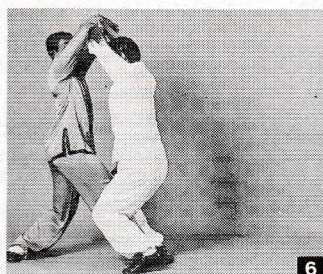
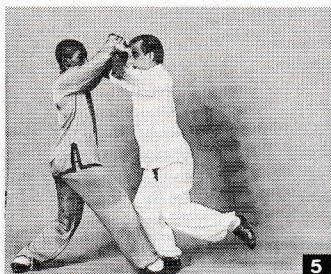
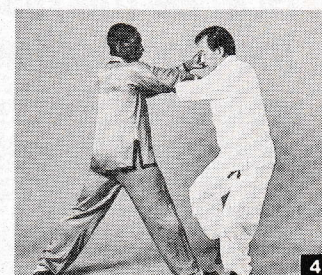
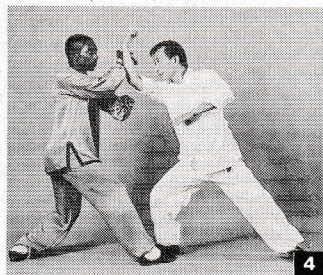
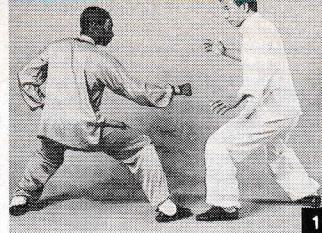
Actually, in any system or art, whether past or present, individual style always exists. In mantis, the dominant subsystem is seven star or mei flower. Six harmony must be considered far from popular. And it is unfortunate that

few people know of eight step.

When I was in Taiwan, the first teacher to enlighten me with the techniques of the mantis system was sifu Wei Hsiao Tang, who taught me the eight step. Sifu Wei was from a well-to-do family. He learned the throwing hands mantis from his father. Later, both father and son learned eight step under sifu Feng Huan Yi, direct inheritor of the system from sifu Jian Hua Long. Many people can tell the story of sifu Jiang's seven star mantis in detail. But I find it strange that few know of the eight step style he founded. Sifu Wei is the unique witness to that story.

Apart from sifu Liu Yun Qiao, who as a youth once personally met sifu Feng, no one else but sifu Li Yuan Zhi has met him. In those days, sifu Li wandered about the northeast and acquired fame and a reputation that sifu Feng found disturbing. Finding sifu Li in a public bath hall, sifu Feng challenged him to a fight. Sifu Li replied that sifu Feng was the mantis master he most respected. Since he had a reputation to live up to, he could do nothing but fight. He said, "Sifu Feng does me an honor, it is very good. After putting on my clothes, let's go outside. There's plenty of space there. I am still young, I can practice again." Upon hearing these words, sifu Feng burst into laughter and they became friends.

Eight step mantis is very special. Its superior forms, such as big and small spinning wheel and six abstracts, are powerful, steady, and provide great fighting skill. In Taiwan it was passed down only in a single line. Though this is regrettable, at the same time it is not the worst possible situation. But I find it exceptional that no information exists about my fellow practitioners from Mainland China. It is really true that in Shandong province eight



Preparatory position (1). As you throw a punch to your enemy's heart area (2), he executes a kung-fu block to your elbow area. This reduces your speed and power and redirects the path of your fist. By pressing down on your arm, he tries to gain more power. Rather than oppose the power, follow his pressing movement by flipping your forearm (3). Use the back of your fist to hit his face. Push your back heel to shift your weight forward, gaining more pressure against him. The enemy quickly responds (4), his right arm penetrating forward and to his left in a sawing movement that totally blocks your attacking forearm and fist. Continue to move forward using your left arm to penetrate from beneath toward your upper right side (5). This immobilizes his left arm and allows your left arm to control both his arms. At the same time, move your left leg forward. While discreetly moving your leg, lift the enemy's arms higher, pushing toward him. Now, your moving left leg lands outside the enemy's front leg. Press both your legs inward, pinching his right leg in a vise grip (6). His front leg is now totally controlled. Your movements quickly draw his attention from his face to his foundation, weakening his arms (7). His shouldn't be able to deliver any new attack. Let go of his arm and chop his ribs or kidney area with a powerful attacking arm technique.

step mantis has vanished? Besides sifu Wei, sifu Feng must have passed his techniques to someone else!

The mantis system most practiced, indeed thriving in Taiwan, is seven star or mei flower, because its No. 1 popularity makes it easy for the student to find teachers. I used to exchange techniques with some young practitioners and could not help having questions. I often went to sifu Li Kun Shan, who is the eldest generation in Taiwan. I was lucky to learn from him some of the subtle and high techniques of seven star. His analyses

and deep conceptions provided answers to those questions that puzzled me for so long.

Sifu Li participated in the National Contest in Nanking and won fourth place in short weapons. He was national champion of the long weapons and honored as the "Spear in Shangong." Sifu Li felt he was strongest in fists and legs. The best person to inherit sifu Li's techniques was his own son, sifu Li Deng Wu.

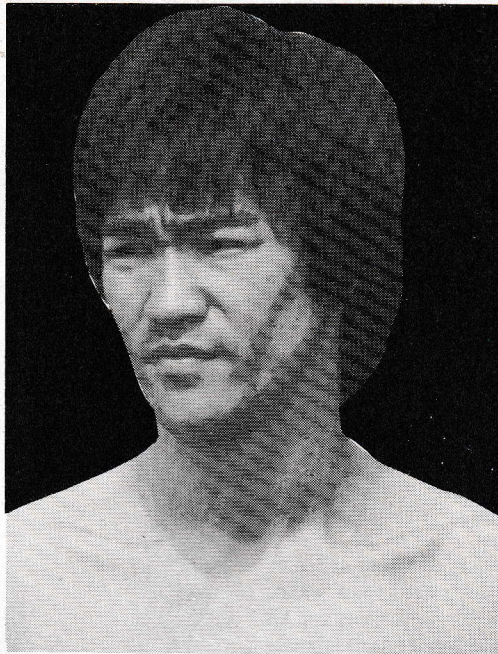
The six harmony mantis also was passed down on a single line in Taiwan to sifu Zhang Xiang Shan. In the early years when sifu Liu

Preparatory position (1). Assuming the enemy throws a punch to the midsection, use your right arm to reduce his speed, dissolve his power and redirect the punch (2). You must make initial contact with his elbow area. Your arm deflects his arm not by a powerful chopping motion but by twisting and sliding from the inner to the outer side of his arm. This is the fundamental difference between Chinese and other Asian martial arts. This exchange naturally exposes your upper body, so the enemy throws another punch, just like water flowing through a tiny crack (3). Use your left arm, penetrating under your right, moving the enemy's first punching arm to deflect his second punch, and start moving your body forward (4). Your left arm remains in control, freeing your right. Note that your one arm controls his two. At the same time, place your right foot behind his front leg (5). Keep your left arm in control of his arms as long as possible—if not both, at least one (6). Move your right leg forward, not only landing behind his right leg but also knocking it. Simultaneously use your body's twisting movement to hit and grind your right elbow into the enemy's chest area. Your right elbow's grinding movement and right leg's hitting movement oppose each other like scissor blades and give you leverage to throw the enemy to the ground (7).

Yun Qiao traveled with grandmaster Li Su Wen in Shandong province, they stayed in the 5th army headquarters commanded by another student of grandmaster Li, General Zhang Xian Wu. Along with his daily practice, sifu Liu engaged in many sparring matches, for grandmaster Li said that sparring was the one real test of a person's martial arts skills. Sifu Liu never proved inferior in any hand-to-hand trials.

One early morning, sifu Liu visited the Ding family gardens, an old estate that had been

Continued on page 90



Bruce Lee's Non-Classical Sticking Hands

**Bruce Lee believed the secret to wing chun's
sticking hands technique was
simplicity, directness, and repetition.**

By Jessie R. Glover

When I first met Bruce in 1959, what impressed me most was his ability in the wing chun art of sticking hands. Sticking hands is a unique infighting technique based on the development of a radar-like sensing ability in the arms which can detect openings in an opponent's defensive system while simultaneously closing off his avenues of attack. A highly trained practitioner can control the attacks of a novice in ways that seem magical.

When I sparred with Bruce I never got in a single strike unless he let me. I was so taken with the sticking aspect of his art that I talked him into sticking with me every time we worked out. During the first few months of my training, this was at least twice a day, six days a week. The instant Bruce made contact with my arms I could neither resist nor escape his control. Whenever I came close to mounting some sort of effective defense, Bruce would change his sticking tempo, angle or pressure and I would find myself completely lost, unable to cope with this new twist. Because of these exciting, interesting and frustrating sticking experiences, sticking became my

major area of focus and I have spent close to 30 years trying to perfect this aspect of Bruce's art.

If I had met Bruce a few months later, I don't think I would have learned nearly as much as I did about sticking hands. Bruce was developing at such a rapid rate that the concept of sticking was becoming less and less important to his art; his focus was switching more toward kicking and single-punching attacks. Fortunately when I met him he still regarded sticking hands as a vital skill.

The major problem I experienced in sticking hands was developing and maintaining the correct arm positions. When I first learned sticking hands, Bruce was in an experimental phase and he was applying more and more pressure in his sticking. This strong forward pressure tired out my arms so rapidly that I had to stop several times during every sticking session because I simply couldn't raise them to the required positions. Because I stopped and took frequent rest periods, these sticking sessions were for Bruce, but in those days he was more patient and obliging than he was later in his career.

Bruce taught me the first wing chun form, sil lim tao, the first

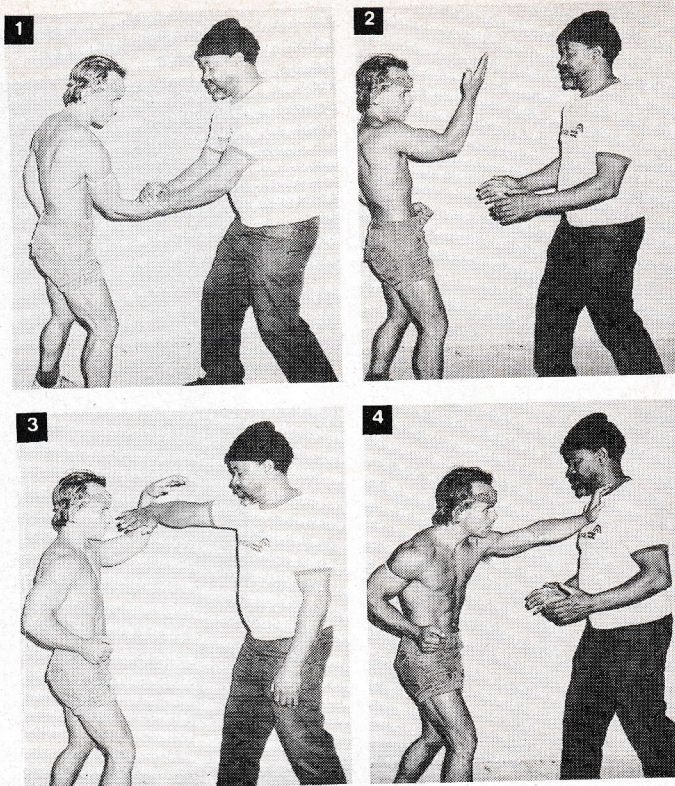
month I knew him. He told me that mastering this form would surely firm up my sticking positions. I practiced this form several times a day to increase my endurance, but Bruce continued to burn out my shoulder muscles after a couple minutes of sticking. My saving grace was that after a few months of sticking with Bruce I used many of the sticking techniques against other students. This convinced me that there was some hope for developing adequate sticking skills.

For a period I thought that all classical sticking was like Bruce's. It wasn't until I had my first experience with a classical sticker that I realized the difference in the two approaches. I was teaching a couple of people from Portland, a city about 180 miles south of Seattle. They drove up to practice on the weekends. One day they told me about a man in Portland who did wing chun and said that if I was interested they would set up a meeting. A few days later I was on my way to Portland.

When I met him, we talked for a while and he told me he was a combined wing chun and praying mantis stylist. When we worked out he couldn't cope with either my sticking or closing attacks. At the close of our training session he asked me to instruct him and I politely declined. I returned from the trip a little shaken because I had expected the man to be more like Bruce. This meeting took place in the mid-'60s.

When we worked out, the first thing I noticed about the man from Portland was how he adopted a defensive mode and waited for my attack — like a counterpunching boxer who waits for his opponent to make the first move. His defense was based on an elaborate system that sought to give an adequate response to each incoming attack. When he displayed this system in slow motion, it worked well but I couldn't see how it could work against an opponent who could move as quick or quicker than he could react. He was not successful in stopping or deflecting my attacks. I attributed this to reaction time lag.

Bruce knew about reaction time lag long before I arrived. Reaction time lag is the time that it takes a person to become aware that something is happening and respond. It is not instantaneous and if



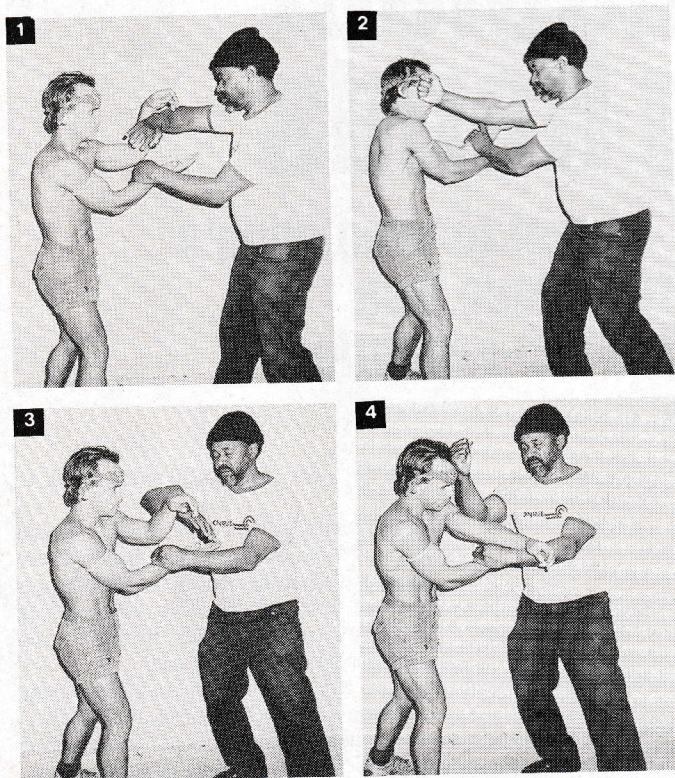
Other major changes in Bruce's sticking included the increased use of strong forward pressure in his sticking attacks, the substitution of his palm in place of the traditional fook sau striking position, and the habit of initiating attacks rather than waiting to respond to attacks.

your opponent lacks a telegraphing movement, it is difficult, if not impossible, to block (if he is in touching range).

Bruce experimented with various techniques to eliminate or lessen the effects of reaction time lag on sticking. The first area was strengthening the sticking hands positions. He surmised that the correct placement of the hands and arms against an opponent's arms could stop or at least deflect some incoming strikes. Bruce retained many of the classical wing chun hand positions but he held his hands, elbows and forearms in ways that prevented attacks from reaching his body by blocking direct access or by deflecting incoming strikes to the side. By presenting stable, static arm positions, it allowed him to launch counterattacks without having to move his arms to deflect incoming strikes. To supplement these protective arm positions, Bruce developed the major inside forearm muscles, thereby aiding blocking and deflection of incoming attacks. His development of Popeye-like forearms contributed to his defense in the following ways: it was more difficult for opponents to come in directly because they presented a larger defensive shield; the increased curve of the forearms deflected energy to the side and increased the length of time that the defending forearm remained in contact with the opponent's attacking arm; and the friction of this contact worked to break the incoming force and acted like a radar that alerts the defender to increase the inward deflection angle of the forearm in response to the attack.

Another area that Bruce explored was the integration of the backfist as a major sticking weapon. He felt that it could eliminate many of the classical sticking hands responses by nullifying their lines of attack. Other major changes in his sticking were the increased use of strong forward pressure in his sticking attacks, the substitution of his palm in place of the traditional fook sau sticking position (a change that gave him greater control and sensitivity whenever he made contact), and the habit of initiating attacks rather than waiting to respond to attacks.

The techniques I use and teach today are in some ways quite different from what I learned from Bruce. You see, Bruce gave me a sticking framework on which to place the many concepts and techniques that he knew I would experiment with over the years. He did not give



Bruce Lee explored the integration of the backfist as a major sticking weapon (1-4). He felt that it could eliminate many of the classical sticking hands responses by nullifying their lines of attack. In this example, Glover fires the backfist to the side of the opponent's head off two basic positions.

me a "cast-in-stone" format to follow. My task in sticking has been to fill in the gaps in the framework. I have been fairly successful in this area, mainly because my approach works well for my students, which is supported by them successfully passing it on to others.

Non-classical gung-fu is the name I use for the approach I practice and teach. The basis for this approach is built on the instruction that I received from Bruce. I use non-classical gung-fu and not some other name because of what Bruce told me when I asked him about instructing other people. He said it was all right to teach as long as I didn't call what I was teaching either wing chun or Jun Fan gung-fu. Since then, I have added things from many sources and the name non-classical gung-fu has taken shape.

When I began to instruct people in Bruce's approach to sticking in the early '60s, I ran into a series of problems. The first was lacking the muscular development to maintain my arms in a static position like Bruce's. Without these solid static arm positions I couldn't present the proper pressure sticking structure for students to work against. I could use Bruce's sticking concepts against other people, but still not teach them with the effectiveness that I desired. In the early '70s, I realized that if I wanted to teach an effective form of sticking hands, I had to develop some way to supplement the techniques and concepts I learned from Bruce. What I needed was some type of exercise that could build up a student's arms and shoulders in ways that would

"Bruce felt the backfist could eliminate many classical sticking hands responses by nullifying their lines of attack."

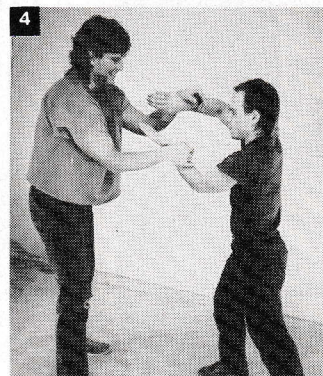
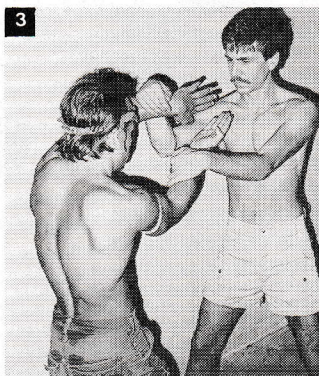
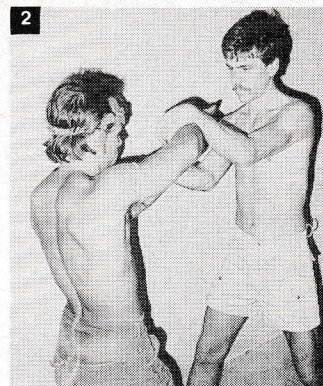
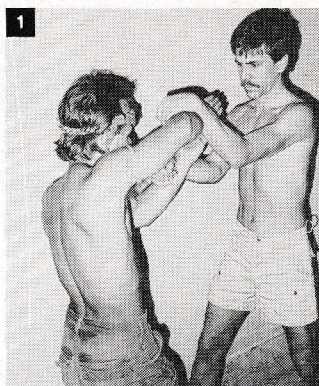
— The author

allow him to practice the sticking rotation sequence for more than a few minutes before he became exhausted. My brother, Mike, was experimenting with a series of exercises for his "nova" system and one of his arm exercises gave me an idea for the basic format I was seeking. I took the few basic hand positions from the wing chun system that Bruce had taught me and applied them to a series of hand movements that paralleled some of the movements my brother was using. When I began to instruct my students in these exercises, they responded like a sick person responds to a wonder drug. Soon they had the strength to carry out the sticking training for long periods without tiring while the weak areas of their upper body and arms became stronger than corresponding areas in stronger people. They also improved their punching power and established and maintained static arm positions. Over the years I have taught these techniques to many students and most have become proficient at sticking hands. What pleases me most is that they have applied these techniques when they have traveled to other areas. For me the true test of a method is if ordinary people can develop and put it to good use. This makes it a valid approach that can make the average person a more functional fighter.

In the early '80s, I traveled to Europe and did a number of seminars for a top wing chun organization. While there, I had several sticking sessions with the head of that organization and he told me several times that while my sticking was crude, he couldn't stop it. Since I regard this man's organization as one of the better ones in the world, I took his comment to be a compliment. I have never been one to care much about the way something looks; only if it works.

The differences in angles, pressure, weapons and concepts prevent me from calling what I do wing chun; this stuff simply doesn't follow many of the guidelines of that art. By the same token I cannot say that what I teach is Bruce's method because I have added many things to it. What I *can* say is that this approach owes a debt to both wing chun and Bruce Lee, because without wing chun Bruce would have never had the information he passed on, and without Bruce I would have never learned the things that allowed me to develop the sticking techniques and concepts I teach today.

Three of Bruce's ideas that have been valuable guidelines in my sticking development are simplicity, directness and repetition. Make techniques as simple as possible, avoid complexity for the sake of looking good and constantly look for ways to perform a technique



Bruce experimented with various techniques to eliminate or lessen the effects of reaction time lag on sticking. The first area was strengthening the sticking hands positions. He surmised that the correct placement of the hands and arms against an opponent's arms could stop or at least deflect some incoming strikes.

with less movement. Reduce the number of techniques you try to perfect, because it is better to have a few techniques that work most of the time, than to have a great many techniques that work every now and then. The amazing thing about repetition is what happens when you take a few well-founded techniques and practice them a few hundred thousand times over an adequate period that allows the proper development of tendons, ligaments and muscles. In time, techniques will occur in response to the proper stimulus as if you were born with them. Performing the same number of repetitions over an inadequate period will do little more than damage your body.

About the Author: Seattle, Washington-based Jessie R. Glover was Bruce Lee's first American student.



ASIAN WORLD OF MARTIAL ARTS, INC.

Free catalog with every order or send \$3.00 postage to:
917-21 Arch Street, Philadelphia, PA 19107

Sabre CS tear gas
fires 30 stream pattern
shots about 8-12 ft.
Clip On #6564
Keychain #6465

\$7.95ea

Billy baton keychain
knife with sheath.
7" #1361 **\$7.95ea**
5" #1385 **\$3.95ea**

Mouth guards, mold to
teeth in seconds.
Single Adult #8380 **\$1.50ea**
Single Child #8381 **\$1.50ea**
Double Adult #8379 **\$2.95ea**

WTF competition
head guard. (White).
sizes: XS,S,M,L,XL.
\$29.95ea

Jhoon Rhee semi
head guard. (White,
Red or Black). sizes:
Child; S,ML,XL.
\$29.95ea

USACTION adjusta-
ble head guard with
cheek protectors.
Red Vinyl #8301 **\$29.95ea**
Black Leather #8300 **\$59.95ea**

Lipstick knife 1 1/4" blade.
#1366 **\$5.95ea**

Ninja keychain
(Black all Metal)
#1962 **\$2.95ea**

Butterfly knife keychain.
#1829 **\$3.95ea**

Escrima sticks rattan
wood 28"x1 1/4" diameter.
Natural Finish
#1912 **\$23.95pr**
Burned Finish
#1913 **\$12.95ea**

Self defense metal
keychain 5 1/2".
#1830 **\$3.50ea**

Combination cup &
supporter, sizes: Jun-
ior; M,L—Adult; S,M,L.
\$6.95ea

Medium weight 8oz.
karate uniform, cot-
ton/polyester blend
with white belt. Pants
have elastic pullstring
waistband, (White).
stock # size \$
2668 000 **17.95**
2669 00 **17.95**
2670 0 **19.95**
2671 1 **21.95**
2672 2 **23.95**
2673 3 **25.95**
2674 4 **26.95**
2675 5 **27.95**
2676 6 **28.95**

*Black Available.

©1988 AWMA, INC.

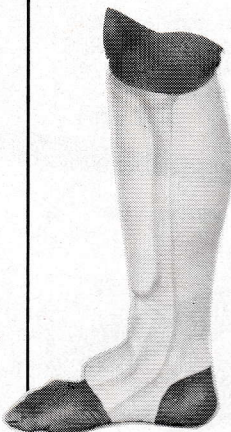
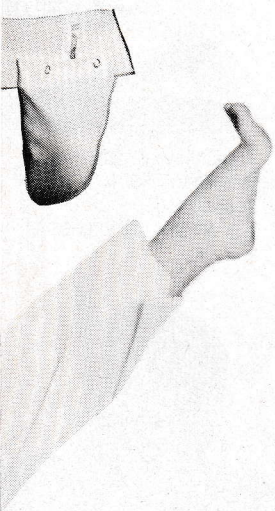
Asian World of Martial Arts, Inc.
917-21 Arch Street
Philadelphia, PA 19107

Charge Orders Call
1-800-345-AWMA

In PA and outside USA
Call (215) 925-1161

Write for wholesale information.

Shin/Instep guards
(White) sizes: Child;
M,L—Adult; S,M,L,XL.
\$10.95pr

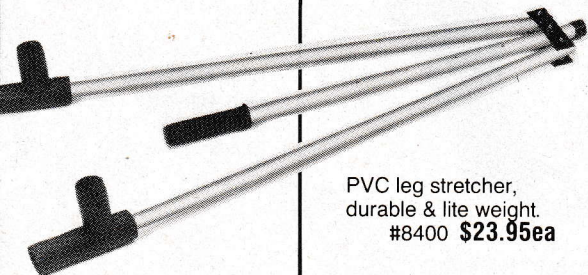


Kung Fu uniforms
100% cotton with frog
button jacket, 5
pockets & snap out
collar. Black with
white buttons, draw-
string waist & ankles,
sizes: XS,S,M,L,XL.
\$29.95ea

Kung Fu sashes,
100% Rayon 4"x124"
(White, Green, Red,
Blue,Black).
\$6.95ea



Jhoon Rhee bionic
chop (Red or Black)
sizes: Child; S,M,L,XL.
\$21.95pr



PVC leg stretcher,
durable & lite weight.
#8400 **\$23.95ea**



Tiger Balm ointment
helps relieve aches &
pains (Red extra
strength or White reg-
ular strength) .63oz.
\$6.95ea



Converse martial arts
shoes, smooth rubber
sole with mesh nylon
upper, lite weight &
durable. (Black or
White). sizes: Child
12½ to Adult 13.
\$49.95pr

©1988 AWMA, INC.

Powair fitness bag.
Fills with water & air
feels like a body.
Never loses shape.
6 sizes & weights.
14"x30" 100 lbs.
#8983 **\$195.00**



Kick punch target —
15" long.
#8334 **\$19.95ea**



Focus gloves, velcro
closure 8"x10"x1"
Vinyl
#8335 **\$12.95ea**
Leather
#8336 **\$24.95ea**



T-Shirt white cotton/
polyester with black
yin yang, sizes:
S,M,L,XL.
\$7.95ea

Kung Fu pants, cot-
ton/polyester blend
with elastic waistband
& ankle cuffs. (Black)
sizes: 3,4,5,6.
\$24.95ea

Kung Fu shoes black
upper canvas with
brown plastic sole,
sizes: 3½-13.
\$4.95pr

ASIAN WORLD OF MARTIAL ARTS, INC.

Free catalog with every order or send \$3.00 postage to:
917-21 Arch Street, Philadelphia, PA 19107

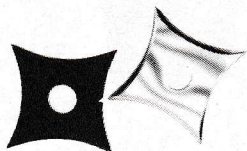
Handcuffs are made of nickel plated steel, both the single and the double lock handcuffs come with two keys.

Single Lock
#6540 \$4.95
Double Lock
#6541 \$13.95



Daito wood 40"
#1949 \$9.95ea

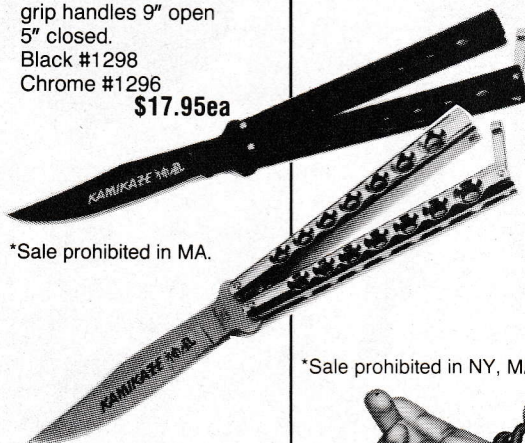
*Sale prohibited in MA, CA.



Moon stars 3 1/4" diameter (Black Steel or Chrome Finish).
\$2.95ea

Butterfly knives, stainless steel blades with die cast handles. Kamikaze, ventilated grip handles 9" open 5" closed.
Black #1298
Chrome #1296

\$17.95ea



*Sale prohibited in MA.

*Sale prohibited in NY, MA, CA.

440 stainless steel blades. Mini dragon 3 3/4" closed.

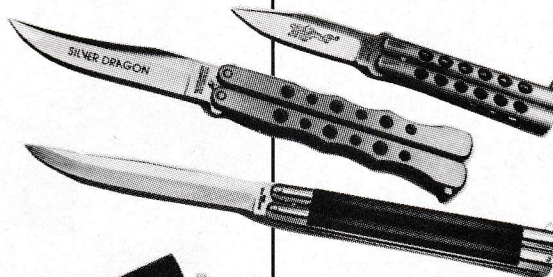
#11473 \$29.95ea

Silver dragon with finger grip 5" closed.

#11482 \$39.95ea

Lean & mean plastic handle 5" closed.

#11476 \$29.95ea



Aligator grip handles, 9 1/2" open 5 1/4" closed.
Chrome #1320
Black #1321

\$12.95ea

*Sale prohibited in MA.

3pcs mini knife set with case 4 1/4" long.
#1339 \$7.95ea



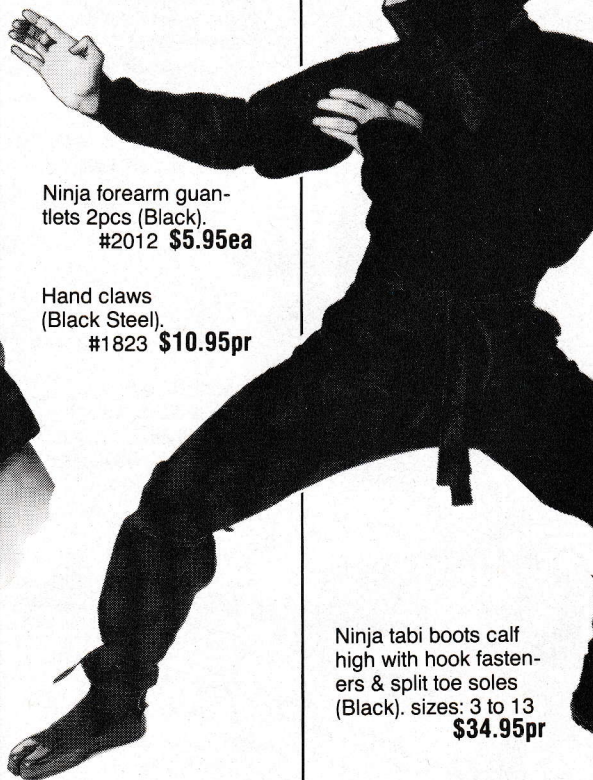
Broadsword 33" aluminum.
#1817 \$49.95ea



Tai Chi sword (Stainless Steel) 38" with scabbard.
#1818 \$59.95ea

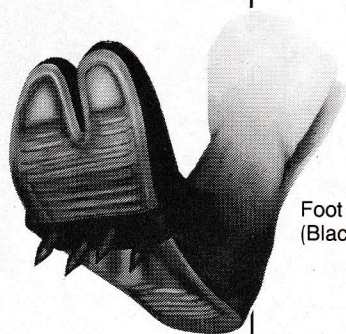


Ninja forearm guardlets 2pcs (Black).
#2012 \$5.95ea



Hand claws (Black Steel).
#1823 \$10.95pr

Foot spikes (Black Steel).
#1824 \$8.95pr



Ninja tabi boots calf high with hook fasteners & split toe soles (Black). sizes: 3 to 13
\$34.95pr

©1988 AWMA, INC.

Speedchuks, 12" long
hardwood
(Black Finish).
Studded #1288
Octagon #1206
Round #1241
Round w/grip #1202
\$10.95pr

Speedchuk 12" long
burned Rattan wood.
#1281 **\$19.95pr**

*Sale prohibited in NY, MA, CA.

Tanto knife 11 1/8" with
leather case 440
stainless steel blade
with rubber grip handle.
#1343 **\$39.95ea**

Boot Knives have
stainless steel blades
with cast aluminum
handles. Available in
2 sizes. Each includes
a leather sheath with
boot clip.
4 3/4" Blade
#1368 **\$19.95**
3 3/4" Blade
#1369 **\$14.95**

Sword stand
(Black Finish).
#1882 **\$19.95ea**

*Sale prohibited in MA, CA.

Shatterproof plastic
nunchaku, round
w/grip, 18oz.
#1065 **\$24.95pr**

*Sale prohibited in NY, MA, CA.

Blo Gun 2pc (Black
Steel) 26 1/2" with 10
darts.
#1826 **\$9.95ea**

Blo gun refill 10 darts.
#1828 **\$1.50ea**

Deluxe survival knife
14" with leather case
& survival kit.
#1365 **\$24.95ea**

Ninja boken 34"
(Black Wood Finish)
#1970 **\$7.95ea**

Ninja hood set 2pcs
(Black).
#2011 **\$5.95ea**

Ninja uniform 100%
cotton with 2pc hood,
jacket with star pocket,
forearm gauntlets
pants have knee &
ankle ties (Black). sizes:
XXS,XS,S,M,L,XL.
\$29.95ea

3pc spike set with
case 6" long.
#1807 **\$3.95ea**

*Sale prohibited in MA, CA.

ASIAN WORLD OF MARTIAL ARTS, INC.

917-21 Arch Street, Philadelphia, PA 19107 Dept. IKF

1-800-345-AWMA

In PA and outside USA call (215) 925-1161

MONDAY THROUGH SATURDAY, 9:00 AM TO 5:30 PM EASTERN TIME

Free catalog with every order or send \$3.00 postage

- Prices subject to change without notice.
- Pay by check, money order or Visa/Master/Amex.
- Orders paid by personal checks will be delayed 21 days.
- Sorry no C.O.D. orders.
- Foreign orders accepted. U.S. currency only. Add \$15.00

Knives and martial arts self-defense
training equipment will not be sold
to minors or where prohibited by law.

Age and Signature Required

Age _____

Signature _____

Name _____

Address _____

_____ Apt. # _____

City _____ State _____

Tel. # () _____ Zip _____

Credit Card # _____ Charge My: ☐ MasterCard ☐ Visa ☐ American Express

MasterCard	Inter Bank No.	Expiration
(above your name)		date
		required

We must have telephone numbers to process charge orders.

Credit Card Bank Name _____

Signature as it appears on card _____

Stock #	Qty.	Description	Price	Total

MINIMUM ORDERS \$10.00

ADDITIONAL SHIPPING CHARGES

Alaska, Hawaii, Puerto Rico,
and U.S. Virgin Islands \$ 5.00
Canada \$10.00
Foreign \$15.00
Heavy training bags (filled-per bag) . . \$10.00

Total Merch.

Shipping

Additional

Shipping

Sales Tax

PA only - 6%

Total Amount

Enclosed

\$3.50

Inside Kung-Fu's 2nd Annual Guide to Martial Arts Videos

By Brian Wilkes

Inside Kung-Fu contributing editors Brian Wilkes and S.C. Dacy left no video shelf unturned in their pursuit of the finest martial arts instructional and entertainment offerings on the market.

It's time once again to rate the instructional video market. Before going on to individual ratings, several sources should be singled out for special mention: After last year's wrap-up, several pieces of mail from around the country suggested I had underrated *Green Dragon's* tapes. If that's true, it's because I've come to grade it on a little stricter curve. I haven't seen a bad tape from it yet, and I've seen several that were far ahead of the pack. Don't be surprised if you order a tape I've reviewed here only to find the material demonstrated by someone other than the person I've named. That's because *Green Dragon* has the policy of constantly updating its video masters whenever it thinks it can do a better job. In fact, John Allen offers a "challenge system" to his staff: If someone thinks he can do it better than the person on the tape, he can do it on an updated version. This keeps everyone from getting complacent — something like being replaced in a game by another player. *Green Dragon* also breaks down the material into bite-size segments, just as it would if you were learning it at its school. *One Hand Video* offers a fas-

inating line of admittedly non-instructional tapes based on weeks of shooting in the People's Republic of China. These are broadcast-quality tapes which should be in the libraries of all Chinese-style martial artists. While the full ten-tape series includes a lot of duplication, you'll probably want at least one.

Panther Productions' series have improved greatly since the days when Joe Jennings began shooting in his garage, both in content and production values. While some of the multitape series have seemed a bit padded in the past, the offerings reviewed here are full of real content rather than endless repetition.

ESPY-TV offers books with several of its tapes, making some otherwise fair tapes great bargains, as well as presenting seldom-seen material such as Wu tai chi and eagle claw.

Another pleasant surprise was *Artistic Video*, the label for Bob Klein's tai chi and related arts tapes. Good instruction at a low price? Klein says he strives to pack extra content and value into each tape. I'd say he succeeds admirably; even if the production is definitely "home video" and the

sound is poor, the information is there.

Rating System

★★★★★ Excellent! Superior! Stop reading and phone in an order!

★★★★ Great! Wonderful! Of special interest to people in that style, and possibly to others as well.

★★★ Very good. Solid, informative, delivers what it promises.

★★ Not quite up to current market standards.

★ Not worth my time or yours. So bad we won't embarrass the instructors or producers by listing them here.

Chinese Internal Arts

TAI CHI CHUAN, Bob Klein
Artistic Video, 87 Tyler Ave.,
Sound Beach NY 11789
2 tapes, 115 and 48 min., \$39.95 each

★★★★

Yang tai chi is the most popular system of tai chi chuan in the West, perhaps in the world, and the cornerstone of that system is this long form developed by Yang Cheng-fu and popularized in this country by Cheng Man-ching. Despite the "garage tape" production, the low price and attention

to detail of instruction make this an exceptional value.

NATURAL HEALTH AND EXERCISE, Bob Klein
Artistic Video, 87 Tyler Ave.,
Sound Beach NY 11789
2 tapes, 2 hours each; \$39.95 each
★★★

The first of these tapes is an exercise series drawn from tai chi, snake, crane, mantis, monkey, tiger and drunken styles. The second tape is an introduction to tai chi style push hands. A good workout.

TAI CHI CHUAN, China's Living Treasures
One Hand Video, Box 15-584, San Francisco, CA 94115
2 tapes, 50 min. each; \$49.95 each
★★★

This tape comprises a "comparison catalog" of the major and several minor styles of tai chi practiced today in China: Yang, Wu, Chen, Sun, and Wu jianquan, as well as sword forms and unusual power training. I never cease to marvel at the power, grace, and resilience of these elderly martial artists.

WU STYLE TAI CHI CHUAN, Leung Shum
ESPY-TV, 530 W. 23rd St., New York, NY 10011
2 tapes, 1 hour each: \$39.95/\$29.95

★★★★

One of the most popular styles in China, it hasn't yet gained that popularity here in America. This tape may change that. Wu emphasizes the large movements that many practitioners of the more-popular Yang style have abbreviated in recent years. Good



production.

TAI CHI FOR HEALTH; YANG LONG FORM AND SHORT FORM,

Terence Pang-Yen Dunn InterArts, 279 South Beverly Dr., Suite 1037, Beverly Hills CA 90212
2 tapes, \$59.95 & \$49.95 or \$90 for both

★★★★

The first tape deals with the long version of the Yang form, the second tape with the short form. Clear, solid instruction.

TAI CHI SWORD AND BROADSWORD, York Why Loo InterArts, 279 South Beverly Dr., Suite 1037, Beverly Hills CA 90212

20 min., \$39.95

★★★★

Septugenarian York Why Loo is a living testimony to the health benefits of the martial arts he practices. It's said that the fencing of an advanced practitioner resembles "a dragon swimming in the clouds," and in these two forms Dr. Loo shows some of that grace. While these are primarily demonstration rather than instructional tapes, there is meaningful but brief discussion on the difference in usage between the double-edge straight sword and single-edge broadsword.

TAI CHI SWORD FORMS,

Bob Klein

Artistic Video, 87 Tyler Ave., Sound Beach NY 11789

2 hours, \$39.95

★★★★

The beginning and intermediate Yang style straight sword forms stressing extension of chi through

the sword. Good instruction, but again, the poor production makes several viewings required just to catch all the commentary.

TAI CHI CHINESE

KICKBOXING, Bob Klein

Artistic Video, 87 Tyler Ave., Sound Beach NY 11789

2 tape set, 3 hrs. 45 min., \$69.95

★★★★

In these tapes Klein compresses the first and second years of instruction in combative tai chi chuan. It's a shame that many tai chi chuan instructors in this country are unwilling or unable to teach the combative applications of what is the most popular martial art worldwide. Klein's students get right into it, from basic drills and shadowboxing, to grappling and groundfighting, to full-contact matches in heavy gear. I must say, I thought I'd seen most types of training equipment, but sparring with a *live boa constrictor* was a new one on me. Think I'm kidding?

SIX HARMONY TEN ANIMAL HSING-I CHUAN & CHA

CHUAN, Yu Hua Long

One Hand Video, Box 15-584, San Francisco, CA 94115

35 min., \$49.95

★★★★

One of several hsing-I chuan systems, six harmony ten animal is one of the best respected in China. Seventy-two-year-old Yu Hua Long demonstrates basics, single and double forms. Also on this tape he shows the cha chuan and weapons associated with that art: broadsword, kwan do, spear, and double hook swords.

SIX HARMONIES, EIGHT METHODS, York Why Loo InterArts, 279 South Beverly Dr., Suite 1037, Beverly Hills CA 90212

30 min., \$49.95

★★★★

Liou ho ba fa, also known as shuei chuan (water boxing), is an internal system attributed to the Taoist monk Chen Hsi-I, who lived 1,000 years ago. The movements resemble tai chi chuan. As in the previous tape, the health, rather than martial aspects of the system, are demonstrated but not taught. After all, as an acupuncturist, Dr. Loo is more concerned with health than fighting.

TAI CHI RULER, Terence Pang-Yeng Dunn InterArts, 279 South Beverly Dr., Suite 1037, Beverly Hills CA 90212

40 min., \$49.95

★★★★

The tai chi ruler is a 10-1/2 inch willow wood rod used in this series of eight chi kung exercises. The ruler, sometimes called a wand, is held between the hands as the exercises attempt to balance the flow of internal energies. Some practitioners have been known to use the ruler as a defensive weapon, but no such martial applications are shown. Although the Taoist term "tai chi" is most often associated with tai chi chuan, or supreme ultimate boxing, this exercise is supposed to predate the formation of tai chi by up to 200 years. The instructional quality is uneven, often consisting of computer-generated script run on the screen to the accompaniment of synthesized "New Age" music. Still, the rareness of this system

overcomes any production shortcomings.

KUNG FU DIPLOMACY

One Hand Video, Box 15-584, San Francisco, CA 94115

2 hrs., \$49.95

★★★★★

This video travelogue documents the 1985 trip of six American instructors to the first International Wu Shu Exhibition in Xian, China. Along the way, we're treated to demonstrations by internal and external stylists in Shanghai and Peking — many of them quite elderly, yet showing astounding agility and power. The real treat comes in a trip from Xian south to the original Shaolin Temple of Honan, for a demonstration of empty-hand and cane forms by the monks. There's unique footage on this video, with broadcast-quality production. With the recent upheavals in China, it's unlikely we'll be seeing tapes like this for a long time. Although not an instructional tape, the content and price make it a superior bargain.

CHING WU ASSOCIATION

One Hand Video, Box 15-584, San Francisco, CA 94115

39 min., \$49.95

★★★★

Also called Ching-Mo, this martial arts club was instrumental in standardizing kung-fu instruction and paving the way for the current popularity of both tai chi and Shaolin-based kung-fu. Among the demonstrations in this tape: drunken sword, nine-section whip, seven star praying mantis, wu mai needles, lost rack system, and Wu jianquan tai chi. Also

Our 1989 Ratings

CHINESE INTERNAL			
Title	Martial Artist	Address	Rating
Eight Pieces of Brocade	Yang Jwing-Ming	Yang's M.A. Asso. 38 Hyde Prk. Jamaica Plain MA 02130	★★★★
Six Healing Sounds Inner Smile	Mantak Chia	The Healing Tao Box 1194 Huntington NY 11743	★★★
Stone Warrior	John Allen	Green Dragon Studio Tallmadge YWCA 148 Jean Ave. Munroe Falls OH 44262	★★★★★
Iron Palm	Gene Chicoine/John Allen	Same as above	★★★★★
Iron Fist Training	James McNeil	Nine Little Heaven Box 3007 Orange, CA 92665	★★
Liangong Shr Ba Fa	Liang Shou Yu	Chinese National Chi Kung In. Box 105 Moulton AL 25650	★★★★★
Iron Palm	Larry Morrison	Kwan Fu Studio Box 363 Barberton OH 44203	★★★
Yang Style Tai Chi Chuan	Yang Jwing-Ming	Yang's M.A. Asso. 38 Hyde Park Ave. Jamaica Plain MA 02130	★★★★★
Tao: The Way of Naturalness	Frank Paolillo	Box 1491 Ponte Vedra FL 32082	★★★
Tai Chi Chi Kung	Mantak Chia	The Healing Tao Box 1194 Huntington NY 11743	★★★
Emperor's Long Fist	Dave Kash	Simi Valley Tai Chi Club Box 3812 Simi Valley, CA 93063	★★★★
Dragon Style Pa Kua Chang	Jerry Alan Johnson	Ching Lung M.A. Assoc. Box 52144 Pacific Grove CA 93950	★★★★
Eight Animal Pa Kua Chang	Jerry Alan Johnson	Same as above	★★★★
Eight Circular Pa Kua Broadsword	Same as above	Same as above	★★★
Tamo Lohan Shou	John Allen	Green Dragon Studio Tallmadge YWCA 148 Jean Ave. Munroe Falls OH 44262	★★★
Teet Lohan Ching Chuan	Same as above	Same as above	★★★
Iron Vest	Larry Morrison	Kwan Fu Studio Box 363 Barberton, OH 44203	★★★
Iron Shirt Chi Kung	Mantak Chia	The Healing Tao Box 1194 Huntington, NY 11743	★★★

FILIPINO/INDONESIAN/MALAYSIAN			
Title	Martial Artist	Address	Rating
Willowleaf Broadsword	Green Dragon Studio	Tallmadge YWCA 148 Jean Munroe Falls OH 44262	★★★★
Pentjak Silat-Serak	Victor de Thours	Tortoise Tapes I & I Sports 3840 Crenshaw Ste. 108 Los Angeles CA 90008	★★★
Mastering Arnis-Escrima Kali	A.J. Advincula	Panther Productions 104 E. Junipero Ave. San Clemente CA 92672	★★★★
The Balisong Knife	Jeff Imada	Tortoise Tapes I & I Sports 3840 Crenshaw Ste. 108 Los Angeles CA 90008	★★★

included are several "comparisons" (read 'matches') between different systems.

OPEN HAND FORMS

One Hand Video, Box 15-584, San Francisco, CA 94115

2 tapes, aprox 40 min. each; \$49.95 each.

★★★★

Another travelogue-catalog of this series, this tape includes: seven hsing-I forms, three paqua forms, bear palm, turtle style, snake, don bei, and several systems I've never even heard of. Included are hsing-I demonstrations by monks of the Shaolin Temple.

WEAPONS FORMS

One Hand Video, Box 15-584, San Francisco, CA 94115

34 min., \$49.95

★★★

Twenty-one weapon forms by some of the best instructors and performers in China, including swords, spears, and staffs, and less common weapons like the nine-section whip. Again, much of this footage also occurs on other tapes in this series, so you may have a feeling of deja vu.

YING JOW PAI:

EAGLE CLAW KUNG FU

ESPY-TV, 530 W. 23rd St., New York, NY 10011

8 tapes, 1 hour each; \$29.95 - \$39.95 each.

★★★★

Eagle Claw kung-fu is a system making its influence felt in New York's Chinatown and other points on the East Coast, primarily because of the expertise of Leung Shum. Included in this series are the forms jeet kune (ten punches/quick fist), moi fa (plum flower), sui min jeung (cotton palm), law horn kune (buddha fist), and tapes on the shepherd's staff, tiger spear, and six-direction saber forms. Clear, if somewhat repetitious instruction; a good bargain.

EAGLE CLAW DEMO

ESPY-TV, 530 W. 23rd St., New York, NY 10011

1 hour, \$19.95

★★★

Saber, spear sword, and kwan do as well as empty-hand set are demonstrated at this New Year's celebration, but what makes this tape exceptional is the demonstration of Wu style tai chi chuan. One of the most popular styles in China, it hasn't yet gained that popularity here in America. Also on the tape are two different styles of New Year's lion dance, a tradition

adhered to by Chinese schools in New York and a "moving catalog" of techniques.

FUNDAMENTALS OF EMPTY HAND FIGHTING, John Allen Green Dragon Studio, c/o 148 Jean Ave., Munroe Falls, OH 44262
\$39.95

★★★

Do you know the six basic principles that underlie all Chinese martial arts? Do you know why it's preferable to close your attacker's centerline than to open it? If not, perhaps it's time you understand combat applications. Angling, penetration, unbalancing, re-opening and other elements are presented in a clear, concise manner. You'll wonder why nobody ever showed you these principles before.

FUNDAMENTALS OF KNIFE FIGHTING, John Allen Green Dragon Studio, c/o Jean Ave., Munroe Falls, OH 44262
\$39.95

★★★

A good follow-up to the "Fundamentals of Empty-hand" tape, especially if you're concerned about running into this weapon. Mr. Allen shows why most unarmed defenses against the knife are the stuff that dreams are made of, useful only against untrained or impaired knife-wielders. This is one tape that can keep you from making fatal mistakes.

KUNG FU SAN SOO, William Hulsey, Bellflower, CA
★★★

I was amazed at the hate mail I generated when my original review of this appeared in the April, 1989 issue. I'd understand if I had panned the tape, but all I did was raise the questions about the lineage and claims of antiquity made for the system, some of which Hulsey answered in a subsequent article. While I'm still not convinced that it's a 4,000-year-old style passed on by thousands of generations of Chinese masters, who really cares? San soo appears to be an effective fighting art, and Hulsey is convincing as both a martial artist and a teacher. The emphasis is on speed, surprise, and strength rather than finesse, and this style demands effective combinations instead of theatrical moves. Definitely worth a look.

FIVE FAMILY SNAKE STYLE DOUBLE DAGGERS, Marge Smith

CHINESE EXTERNAL			
Title	Martial Artist	Address	Rating
Shaolin Chin-Na	Yang Jwing-Ming	Yang's M.A. Asso. 38 Hyde Prk. Jamaica Plain MA 02130	★★★★
Wing Chun Way	William Cheung	Unique Pub./Video	★★★
Northern Shaolin Lien Bu/Gung Li Chaun	Yang Jwing-Ming	Yang's M.A. Asso. 38 Hyde Prk. Jamaica Plain MA 02130	★★★★
Secrets of Wing Chun Kung Fu	Alan Lamb	Burton Productions Box 6875 Westlake CA 91359	★★★★★
James Ching Karate K.F. Taewon Do	James Ching	Ross Hunt Productions 11514 Ventura Blvd. Ste. 1 Box 123 Studio City CA 91604	★★
Kung Fu For Beginners	Brian Gray	Carolina Cineventure Box 95 Newell, NC 28126	★★★
Shou Fu Yin	Larry Morrison	Kwan Fu Studio Box 363 Barberton OH 44203	★★

JAPANESE			
Title	Martial Artist	Address	Rating
Mastering Kobujutsu	Yoshio Sugino	Panther Productions 104 E. Junipero Ave. San Clemente CA 92672	★★★
Mastering Iaido	Katsuo Yamaguchi	Same as above	★★★
Kendo	Kosei Takano	Same as above	★★★
Aikijujutsu	Bernie Lau	Washington Budokan Box 299 Mountlake Terrace WA 98043	★★★★
Samurai Aikijutsu	Toshishiro Obata	Same as above	★★★★★
Mastering the Samurai Sword	Tadashi Yamashita	Unique Pub./Video	★★★
The Ninjutsu Art of Grandmaster	Masaaki Hatsumi	Ohki Trading Box 49487 Atlanta GA 30359	★★★
Killshots	David Koss & Daryl Caldwell	CEP Inc., Box 869 Boulder CO 80306	★★★★
Mastering Ninjutsu	Robert Bussey	Panther Productions 104 E. Junipero Ave. San Clemente CA 92672	★★★
Ninja Night Warriors	Stephen K. Hayes	Unique Pub./Video	★★★
Sul Sa Do Tantos	Jung Koo Lee	SUL SA 1 1121 S. Pearl Denver CO 80210	★★★
Shim Gong: Seven Basic Principles of Inner Power	Kyong ae Fontaine	ATC Productions 107 Minnis Circle Milpitas CA 95035	★★
Master Hee Il Cho's Video Library	Hee Il Cho	Action International M.A. Assoc. 11304 1/2 Pico Blvd. Los Angeles CA 90064	★★★
Mastering Isshin Ryu	Angi Uezu	Panther Productions 104 E. Junipero Ave. San Clemente CA 92672	★★★★★
Mastering Shorin Ryu	Toshiaki Gillespie	Same as above	★★★★
Hidden Moves of Form	George Dillman	George Dillman Studio Rd# 1 Box 7780 Reading PA 19607-9744	★★★★

Continued on page 50

MODERN ARTS/SELF-DEFENSE

Title	Martial Artist	Address	Rating
Dynamic Kenpo	Steve Sanders	Unique Pub./Video	★ ★ ★
Mastering Jeet Kune Do Concepts	Paul Vunak	Panther Productions 104 E. Junipero Ave. San Clemente CA 92672	★ ★ ★ ★ ★
Train At Home	Gary Alexander	Box 2204 Edison NJ 08818	★ ★ ★
Karate At Home	Seiji Kanamura/ Dick Shoberg	Karate At Home Inc. Box 1021, Cooper Station New York NY 10276	★ ★ ★ ★
Kids In Karate	KIK Inc.	6936 Frenhill Maibu CA 90265	★ ★ ★
Defensive Edge	Ernie Franco	8173 Monte Vista Upland CA 91786	★ ★ ★
How To Win In Tournament Fighting	Mike Stone	Ross Hunt Pro. 11514 Ventura Blvd. Ste. 1, Box 123 Studio City CA 91604	★ ★ ★
Super Point Sparring and Fighting Strategy	Bill Wallace	Panther Productions 104 E. Junipero Ave. San Clemente CA 92672	★ ★ ★

Tips from TV Masters

By Cynthia Ming

It happened again. Your girlfriend or boyfriend just finished an award-winning performance at a tournament and you didn't know how to record it or you did tape it with your trusty camcorder and during the playback it was too dark to see any crucial techniques.

What went wrong?

John Burke, producer of Madison Square Garden's cable television show "Martial Art World," has some answers. Exposed to all aspects of the martial arts for 20 years, he conceived the first television show strictly devoted to the martial arts in the summer of 1981.

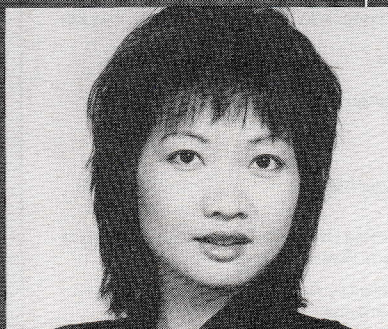
He suggests:

- Make sure you know your material; know the person who's doing the form so you can sense when important moves will occur.

Director and co-producer William Hohause agrees. "Know what to expect," says William. "Obviously a shotokan kata will be quite different than a wushu form. Know how the form will travel."

- Outline what you plan to shoot. Write it down so you have something to follow. Thus, you can efficiently use your tape.

- Try to find a good outdoor environment. This can add flavor and interest to your video. Some Japanese styles come off well on a beach setting; Chinese styles



might look good in a forest. Make sure you receive permission to use any outdoor location.

- Use only quality equipment. Every time you make a duplicate from your master tape, it becomes once removed in quality or "loses a generation." Use a high-grade videotape for your master.

- Try to get a good position or fix on your subject before he performs at a tournament. Station the camera where the least amount of traffic will pass. A monopod (one-legged tripod) can help stabilize your camera and won't take up much space.

- Make sure your subject's uniform and weapons are in good condition. Since the tape is for posterity, you'll want to have your best foot forward.

About the Author: Cynthia Ming is co-host and fitness specialist on Madison Square Garden's cable show "Martial Arts World." The show is seen weekly in 24 states. Check your local listings.

Green Dragon Studio, c/o 148 Jean Ave., Munroe Falls, OH 44262

\$49.95

A good follow-up to the Fundamentals of Knife tape mentioned earlier, this form will make you quite reluctant to ever use empty-hand techniques against a knife-fighter again — they just may have seen this tape, too! Good examination of how thrusts can be slashes and vice versa.

MAKE CIRCLES TO DECEIVE THE TIGER, Jim McCloud

Green Dragon Studio, c/o 148 Jean Ave., Munroe Falls, OH 44262

\$59.95

★ ★ ★ ★

The tiger fork is one of the heaviest weapons in the Chinese arsenal, and one of the most difficult with which to become comfortable. That's only fitting, since I'm sure it was also difficult to become comfortable with the wounded tiger stuck on the far end. Some forks have weighed as much as 100 pounds, and while this one is "only" about 30 pounds, McCloud makes it flow so gracefully it's something like watching a man levitate a barbell. A heavy weapon in motion is a test of balance as well as strength, and this advanced form of Southern five family develops a wide range of additional attributes. Still, I couldn't help wondering what my fellow Scot might do with a six-foot *claih-mhor*.

EIGHT DRUNKEN

IMMORTALS, Jim Leonello

Green Dragon Studio, c/o 148 Jean Ave., Munroe Falls, OH 44262

30 min., \$59.95

★ ★ ★ ★

It's hard to find tapes of drunken forms that don't look like Hong Kong screen tests. The chung-li chui form is one of the eight that make up eight drunken immortals. This system is sometimes considered a young person's style, because of the hard falls and awkward movements that are fertile breeding ground for injuries. A somewhat extroverted form that plays well to the balcony, but Leonello's applications make it clear that it would play just as well in close-quarters fighting.

NIGHT LEOPARD STRIKES FROM THE FOREST,

Marge Smith

Green Dragon Studio, c/o 148 Jean Ave., Munroe Falls, OH

44262
1 hr., \$59.95
★★★★

Elegant hand work and compound circularity combine in this powerful and artistic presentation from the Northern Shaolin five animals. Pay special attention to the peculiar retraction of the leopard punch, a technique that makes this punch almost impervious to countertrapping. (I've had a lot of fun playing this one on people, even if I have bruised my arms by doing it poorly.) Definitely an advanced form.

**WARRIOR'S THREE-
QUARTER STAFF,**
Yvette Vlack
Green Dragon Studio, c/o 148
Jean Ave., Munroe Falls, OH
44262
\$49.95
★★★★

A less-common weapon, the 4.5-to-5-foot staff has an advantage over the longer staffs in its applicability to infighting. A good tape for judo stylists who want to see how another style handles a similar weapon. The broomstick-length weapon also has obvious application for modern self-defense.

**NORTHERN MONKEY
BOXING,** Jim Leonello
Green Dragon Studio, c/o 148
Jean Ave., Munroe Falls OH
44262
★★★★

Jim Leonello shows great flexibility and groundfighting in this tape. While many monkey-style mannerisms had always struck me as superfluous, Leonello clearly demonstrates their effective application — the "head-grooming" behavior is a very strong block, for instance. A must for anyone interested in monkey style.

**DOUBLE IRON RULERS
SEEK THE DRAGON,** Marge
Smith Green Dragon Studio, c/
o 148 Jean Ave., Munroe Falls,
OH 44262
\$59.95
★★★★★

Green Dragon calls this "the ultimate sai/iron ruler form," and after seeing this performance, I'm convinced. The widest range of techniques I've ever seen in a form for this type of weapon, this is one of those forms that you study when you only have access to one.

WIND AND FIRE WHEELS,
Marge Smith & Audra Voneida
Green Dragon Studio, c/o 148

Jean Ave., Munroe Falls, OH
44262
\$59.95
★★★★

An extremely obscure weapon that resembles Freddy Kruger's belt buckle, the wind and fire wheel is used to strike, slash and trap. This tape provides a good cross-section of techniques.

**BODY MIND SPIRIT —
THE MARTIAL ART
OF DEREK JONES**
72A Shepherds Bush Road, London W6 UK
1 Hour, \$49.00
★★★★

Derek Jones seems to be a nice guy and a sincere martial artist. After watching this hour-long commercial for Jones' school, I wish he had spent more footage on real instruction. We see interviews with Jones, his wife, his students, hear his life story, and see a good nunchaku form. If you can wade through this, he makes some good points in introductory wing chun, and talks briefly about using fear rather than resisting it. Jones says he had to add trapping and takedowns since they don't occur in traditional wing chun. Perhaps he should see Alan Lamb of Lee Che-un. A promising start, but too padded with personality.

**DYNAMIC WING TSUN
KUNG FU,** Leung Ting
Leung Ting Co., 440/442 Nathan
Rd., 4th Floor, Hong Kong
1 hour
★★★★★

The real attraction of this tape is the challenge (some call it an ambush) of Leung's student Emin Boztepe against rival William Cheung in Germany. What looks to the spectator to be an undisciplined brawl is analyzed according to wing tsun principles — even though most of the fight takes place horizontally. Yes wing tsun includes groundfighting. There's imaginative use of graphics illustrating right vs. wrong applications of technique, good troubleshooting, yet when hysterical cinematic yells are dubbed into the instruction it becomes comic.

SMALL CIRCLE JUJITSU,
Wally Jay 2055 Eagle Ave.,
Alameda, CA 94501
1 hour, \$49.95
★★★★★

In last year's wrap-up, I gave this tape my lowest rating. Another instructor, whose opinion I respect, told me that he thought the tape was very good. "We must have

been watching two different tapes," he said. After hearing his description of the material included, I agreed. On further investigation, it turned out I had been sent the wrong tape — a "This is Your Life" montage, professionally assembled, edited and narrated, complete with credits — produced by Jay's students for his birthday. This was the tape I called "yawn fodder." So please disregard that review.

What is small circle jujitsu? The underlying theory is that instead of moving your opponent's joint in one direction, it's more efficient to move it in two opposing directions, creating a "small circle" instead of "large circle."

Some traditionalists will say that Wally Jay is presenting nothing new. This view overlooks the insight Jay showed in seeing the connections between different principles and solidifying these into a concrete, reproducible system, much as Bruce Lee saw the connections between underlying principles in the arts he studied. It would not be stretching the point to call Wally Jay "the Bruce Lee of jujitsu." Even if he was forced to re-invent the wheel, let's deal with how round and sturdy his resulting wheel (or small circle) really is.

There's almost no throwing in this tape, the instruction is more concerned with control through joint and vital point manipulation. This can lead to severe injuries, but if you follow the instructions, you'll learn how to keep your partner in one piece. Many grapplers quickly learn that an opponent can neutralize a technique by moving away from the pain; this tape shows two-part and even three-part counters to prevent that. This is the kind of "troubleshooting" that few instructors bother to include.

With small circle jujitsu, very little power is needed, and you may have trouble training yourself to use less power to accomplish more.

Production quality is just short of awful. The lighting was insufficient, and the result is a dark tape. However, the sound is pretty good, and if you adjust your TV, you can probably get a clear enough picture to follow the instruction. Clear instruction with good use of close-ups. Some good moments as Jay appears to be dancing effortlessly with his opponent.

OKINAWAN GOJO RYU,
Morio Higaonna Panther Produc-

tions, 1010 Calle Negocio, San Clemente CA 92672
24 tapes, 1 hour each, \$49.95 @
or \$871.00 ppd.
★★★★★

Goju-ryu is the modern descendant of the old naha-te system of Okinawan fighting, which also with shuri-te (now shorin-ryu) represent the most ancient lineages in the ryukyu arts.

Higaonna's tapes follow a format of showing the fine points of techniques, followed by several presentations of the kata at varying speed and camera angles, applications, and pointers for teaching the kata to your students. Higaonna gives details of the Chinese ancestry of many of the Okinawan kata, a controversial subject just a few years ago.

Another controversial subject is that all old karate kata are also grappling and throwing kata. It's here that Higaonna's expertise is worth its weight in whatever medium you care to name. I don't care what style of karate you study — if you can only buy one series of tapes, make it this one.

GOJU RYU KARATE-DO,
Paul Okami
ESPY-TV, 530 W. 23rd St., New
York, NY 10011
105 min., \$39.95
★★★★

One of the first tapes to explore the trapping and grappling applications of traditional karate, Okami also demonstrated the two-man yakusoku kumite — set fighting exercises that pre-date the somewhat watered-down tournament free-sparring seen today. Poor production, but a great amount of information for the money, backed up with a book.

NUNCHAKU TECHNIQUES,
Tadashi Yamashita
Panther Productions, 1010 Calle
Negocio, San Clemente, CA 92672
2 tapes, 1 hour each; \$59.95 @.
★★★★

Tadashi Yamashita is one of the people responsible for rescuing the art of nunchaku from its slide into oblivion in the 1960s. In these tapes, he shows both traditional combat techniques and modern theatrical techniques that have fascinated martial artists around the world for the past 20 years. Whichever aspect of this weapon you're interested in, these tapes will give you plenty to work with.

**INDONESIAN PENTCHAK
SILAT,** William Sanders
Panther Productions, 1010 Calle

Negocio, San Clemente, CA 92672
10 tapes, 45-to-60 min. each;
\$49.95 @ or \$379.00 ppd.

★★★★★

Poekeolan tjimandjie pusaka is the art examined in this series, an art known for its advanced groundfighting and bladed weapon concepts. Sanders shows the basic techniques (*jurus*), longer forms (*langkahs*), and some unexpected applications. The weapons tape focuses on short blade techniques, with a brief look at such exotica as the tiger claw blade and the toe knife. Watching the intricate groundfighting entanglements reminded me of trying to learn knots when I was a Boy Scout.

The production is good, the instruction is clear, and the defense applications seem workable. An unexpected pleasure.

PRO WRESTLING FINISHING HOLDS, Gene LeBell

Panther Productions, 1010 Calle Negocio, San Clemente, CA 92672

3 tapes, \$59.95 @ or \$128.00 ppd.

★★★★★

LeBell is one of the veterans of the pro wrestling game, whose expertise has been praised by the likes of Bruce Lee (right after he showed Lee what the canvas tastes like). LeBell is also a master showman, and makes this three-tape series into a spoof of the wrestling game itself, with antagonistic prematch interviews, growling, and even an ancient clip from the Jack Benny Show — bet you never knew Benny was a pro wrestler!

But between the gags are real techniques like the Boston crab, the figure-four double deuce, the deadly cobra, the scissors — even the names sound painful. And yes, Judo Gene really did study judo, and some of it shows with Armando Guerrero on the receiving end. Well-produced with a good bit of comic relief.

SAVATE, Salem Assli Panther Productions, 1010 Calle Negocio, San Clemente, CA 92672

10 tapes, 1 hour each; \$59.95 @ or \$450.00 ppd.

★★★★★

Savate can be loosely translated as “stomping,” and what started as a sailors’ farmers’ and dockworkers’ art was systematized by the French into both an effective fighting system and sport version called Boxe Francaise. Assli shows the required assaults and ripostes of the different grades up to gant

rouge, and also shows the differences between “old style” and “modern” savate. There’s great attention to technical detail, and the distinctive training drills that gives savate its responsive speed are shown.

The only drawback of this series is in the self-defense application. Assli’s approaches to streetfighting are optimistic to say the least, and presume that the *savateur* has already achieved great proficiency and flexibility. These striking-only applications have little in common with the locking and ripping you might see on a Saturday night in the Barbés district of Paris or on the docks of Marseilles. The distinction between sportive Boxe Francaise and the more combative savate are not clearly drawn. Still, an excellent introduction from a talented instructor and a good value. *Bon chance, mes amis.*

good use of close-up inserts, clear sound. Great basics for beginners or sport-trained budoka, and fine-tuning for those who think they’ve seen it all.

TIGER MOVES,

John McSweeney, McSweeney’s Self-Defense, Box 1218, North Riverside, IL 60546
40 min.

★★★★

Good production values shine in this exercise tape. McSweeney shows seven dynamic tension exercises which he calls the “ultimate exercise system.” I’d call it a good down-to-earth introduction to chi kung. Simple but effective, this tape delivers what it promises.

CHINESE GOJU,

Ron Van Clief, Taimak, ESPY-TV, 530 W. 23rd St., New York, NY 10011

1 hour, \$24.95

Five-Star Tapes

OKINAWAN GOJU RYU, Morio Higaonna
Panther Productions

CHINA’S LIVING TREASURES: KUNG-FU DIPLOMACY
One Hand Video

INDONESIAN PENTCHAK SILAT, William Sanders
Panther Productions

DOUBLE IRON RULERS SEEK THE DRAGON, Marge Smith
Green Dragon Studio

THE POWER STRIKES OF COMBAT KARATE, John McSweeney, McSweeney’s Self-Defense, Box 1218, North Riverside, IL 60546
1 hour

★★★★★

John McSweeney was one of the first Americans to seriously study martial arts after World War II, and holds a sixth dan in Ed Parker’s kenpo. A veteran of three branches of the service, he’s also known as the “Father of Irish Karate.” This tape is a crystallization of his 40 years of experience. McSweeney elaborates the difference between sport and combat systems, with good basics. Unfortunately, he shows an appalling misunderstanding of the traditional techniques he derides and sketchy knowledge of human anatomy and physics. There’s a

★★★★★

The “Black Dragon” of the 1970’s kung-fu movie craze (and his student, “The Last Dragon”) presents his own system, geared toward practical self-defense. Some good moments, even if the material is quite elementary and the production is marginal. What makes this tape a bargain is a 190-page hardback book that illustrates the techniques.

GREEN BERET SPECIAL FORCES COMBATIVES, James Webb Panther Productions, 1010 Calle Negocio, San Clemente, CA 92672
5 tapes, 1 hour each, \$49.95 @ or \$165.00 ppd

★★★★

The best parts of this series resemble wing chun and kali, with effective close-quarters infighting.

The worst parts are suicidal. Webb teaches that a gun-wielding assailant can be neutralized by grasping the cylinder or slide to prevent the gun from firing. Don’t bet your life on it.

JANE FONDA’S WORKOUT SPORTSAID,

Jane Fonda & Dr. James Garrick Lorimar Home Video; distributed through Waldenbooks.

1 hour, \$19.95

★★★★★

I know that saying something nice about Jane Fonda to a group of martial artists is about as popular as bringing a mongoose to a cobra convention, but this is one of the best tapes I’ve seen in the past year, and an excellent value. SportsAid is first-aid for common sports injuries. Although running and tennis are directly addressed, many of these injuries — tendonitis, sprained ankle, jammed finger, stress fractures — are common to martial arts. See it before you need it.

CHINESE LOVEMAKING SECRETS, James McNeil

Nine Little Heaven Productions, 13772 Margene Dr., Irvine, CA 92720

★★★★★

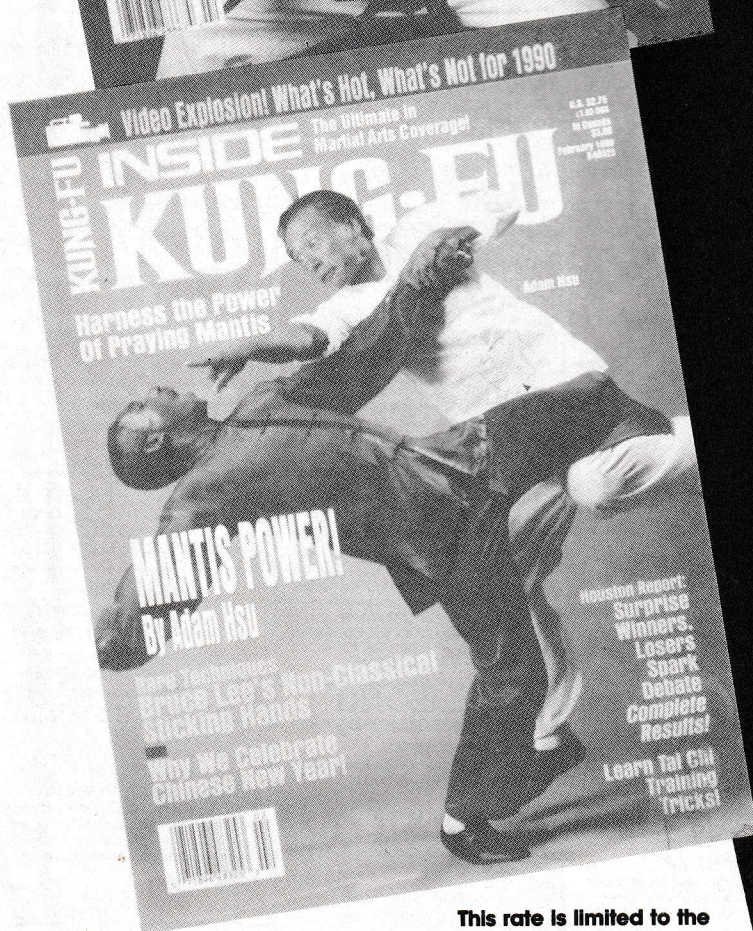
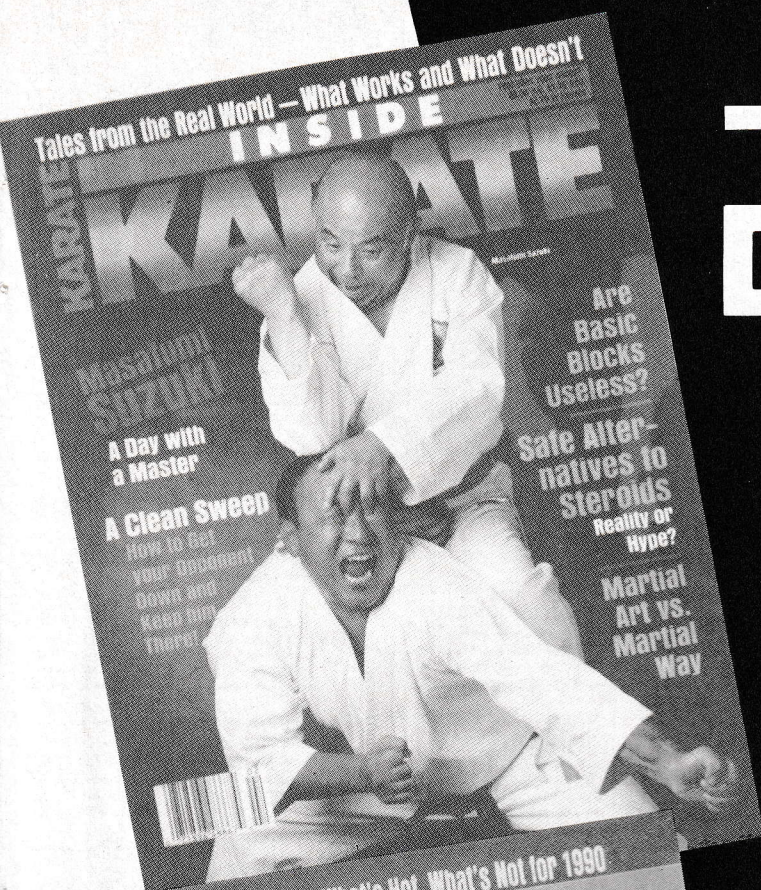
Last year I was less than enthusiastic about another of McNeil’s tapes, so I’m glad he decided to submit this one anyway. Professional production illustrates 20 exercises geared toward the marital, not the martial arts. This tape definitely gives a new insight into chi kung and the whole concept of internal arts. When the wife complains that you’re spending all your time at the dojo and aren’t paying enough attention to her, you’ll be glad you studied this tape. By the way, the actors and actresses keep their clothes on, so don’t expect a porn tape.

SHIATSU,

Jerry Luglio Artistic Video, 87 Tyler Ave., Sound Beach NY 11789
90 min., \$39.95

★★★★★

Shiatsu is the Japanese version of Chinese acupressure, a complex system of balancing the flow of ki through physical manipulation of the meridians, increasing blood flow to speed detoxification, and stretching the muscles. Sounds simple, doesn’t it? It might be that simple, but you’ll have to watch the tape a few times, because the poor sound quality makes it difficult to understand what Luglio is saying.



This rate is limited to the United States and its possessions. Canada and elsewhere, add \$6.00 per subscription per year for additional postage and handling. Send U.S. dollars drawn on U.S. banks only.

—THE— DYNAMIC DUO.

Subscribe Now & Save!

Enter the World of Martial Arts. Learn from the legends! Their training secrets, history, philosophy, step-by-step fighting techniques—their secrets for winning!

- ☐ YES! Please send me the following:
- ☐ 12 Issues of INSIDE KUNG-FU **\$20.**
(Save \$13.00 off cover price)
- ☐ 12 Issues of INSIDE KARATE **\$18.**
(Save \$12.00 off cover price)
- ☐ **BOTH! (Best Buy) \$35.**
(Save \$28.00 off cover price)

Send to:

CFW Enterprises, Inc.

P.O. Box 404

Mt. Morris, IL 61054

Name _____

Address _____

City _____ State _____ Zip _____

☐ Payment Enclosed

☐ Visa

☐ MasterCard

Credit Card No. _____

Exp. Date ____ Mo. ____ Yr.

□□□□ - □□□□ - □□□□ - □□□□

Signature _____

VIDEO
* LEARN * ADVANCE

PANTHER

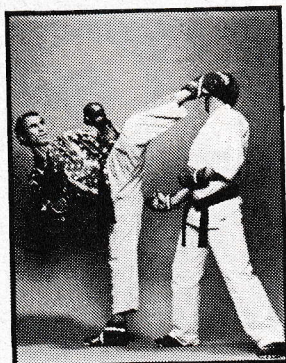


PRODUCTIONS

VIDEO
* LEARN * ADVANCE

"SINCE 1982 THE WORLD'S LEADING PRODUCER OF OUTSTANDING MARTIAL ARTS TRAINING VIDEOS"

TRAINING VIDEOS BY "SUPERFOOT"



UNDEFEATED WORLD CHAMPION
WORLD'S GREATEST KICKER

Dear Friends,
"With my exciting new training videos, I can now become your personal instructor 24 hours a day. Follow along as I help you to reach your full martial arts potential by teaching you all the exercise routines, techniques, and winning philosophy that has made me World Champion. I am very proud to have you as my student."

Bill Wallace

1. SUPER STRETCHING & CONDITIONING

Improve your flexibility by 100%, as "Superfoot" takes you through his personal stretching routines designed to build agility, speed and power in your leg techniques. Will help you achieve a full-split.
#W1 60 min. Reg. \$78.00 Limited Offer \$59.95

2. SUPER KICKING TECHNIQUES

World's greatest kicker teaches his personal style of kicking that enables you to kick over, under, and around your opponents' blocks with amazing precision. BONUS! Features 2 "Superfoot" full-contact title fights.
#W2 60 min. Reg. \$78.00 Limited Offer \$59.95

3. SUPER POINT SPARRING TECHNIQUES AND FIGHT STRATEGY

Mr. Wallace teaches over 100 offensive and defensive techniques that have brought him over 250 First place wins in tournament point fighting. Includes endurance drills. BONUS! Features Wallace's exciting 1980 Full-contact retirement bout.
#W3 60 min. Reg. \$78.00 Limited Offer \$59.95

4. BILL WALLACE SELF-DEFENSE SYSTEM

You can now learn the Champ's unique approach to self-defense. He teaches an easy to learn no-nonsense system that can be mastered in no time. Gain confidence by ordering today.
#W4 60 min. Reg. \$78.00 Limited Offer \$59.95

5. LIFESTORY OF A KARATE SUPERSTAR

Meet Bill Wallace up close as he candidly talks about his life and career. He gives great insight into the martial arts world few people see. "Superfoot" explains how he developed his kicking style, training, his greatest fights, and what it takes to become a World Champion. True Collectors item.
#W5 60 min. Reg. \$78.00 Limited Offer \$59.95

6. BILL WALLACE POWER FIGHTING VOL. 1

"Superfoot" teaches the fundamental techniques of full-contact fighting including footwork, stances, punches, kicks, training, and more.
#W6 60 min. Reg. \$78.00 Limited Offer \$59.95

7. BILL WALLACE POWER FIGHTING VOL. 2

The Champ shows you the advanced full-contact fighting combinations that made him Undeclared World Full-Contact Champion.
#W7 60 min. Reg. \$78.00 Limited Offer \$59.95

8. BILL WALLACE CHALLENGE MATCH

How would you do against "Superfoot" in the point or full-contact ring? With this special tape you'll find out as you square off against Superfoot for a unique learning experience.
#W8 60 min. Reg. \$78.00 Limited Offer \$59.95

9. BILL WALLACE TOTAL BODY WORKOUT

The Champ's weekly workout designed to build and strengthen all muscle groups. Includes flexibility exercises, calisthenics, weight training and more.
#W9 60 min. Reg. \$78.00 Limited Offer \$59.95

★ SUPERFOOT SPECIAL! ORDER ALL 9 BILL WALLACE TAPES, PAY FOR ONLY 6, GET 3 FREE! YOU SAVE \$180.00! SEND ONLY \$387.00. INCLUDES SHIPPING.

MR. WALLACE IS AVAILABLE FOR SEMINARS, PERSONAL APPEARANCES, EXHIBITIONS. CALL 1-213-276-7541 FOR DETAILS.

MASTERING SHOTOKAN KARATE BY JAPANESE MASTER KENNETH FUNAKOSHI

HAS ALL REQUIREMENTS TO 3RD DAN



1. FUNDAMENTALS

Includes all the stances, blocks, punches & kicks of Shotokan.
#KAN-A 60 min. Only \$49.95

2. SHOTOKAN KATAS VOL. 1

Taijoku Shodan, Heian Shodan, Heian Nidan, Heian Sandan, Heian Yondan.
#KAN-B 60 min. Only \$49.95

3. SHOTOKAN KATAS VOL. 2

Heian Godan, Tekki Shodan, Bassai Dai, Jion, Kanku Dal.
#KAN-C 60 min. Only \$49.95

4. SHOTOKAN KATAS VOL. 3

Hangetsu, Empi, Tekki Nidan, Glin, Meikyo.
#KAN-D 60 min. Only \$49.95

5. SHOTOKAN KATAS VOL. 4

Kanku-Sho, Bassai-Sho, Jitte, Chintei, Tekki-San-Dan.
#KAN-E 60 min. Only \$49.95

6. SHOTOKAN KATAS VOL. 5

Gankaku, Sochin, Nijushio, Wankan.
#KAN-F 60 min. Only \$49.95

7. SHOTOKAN KATAS VOL. 6

Gojushio, Gojushio-Dai, Unsu.
#KAN-G 60 min. Only \$49.95

8. SPARRING TECHNIQUES

Loaded with numerous hard hitting traditional Shotokan tournament techniques.
#KAN-H 60 min. Only \$49.95

9. SELF-DEFENSE

Master teaches numerous Shotokan techniques against every type of assault.
#KAN-I 60 min. Only \$49.95

10. MASTER INTERVIEW

This candid talk gives great insight into Shotokan history & traditions. True collectors item.
#KAN-J 50 min. Only \$49.95

★ SHOTOKAN SPECIAL! ORDER ALL 10 TAPES PAY FOR ONLY 7, GET 3 FREE! YOU SAVE \$150.00! SEND ONLY \$379.00 FOR COMPLETE LIBRARY, INCLUDES SHIPPING.

POWER KARATE MASTERING LIMA LAMA POLYNESIAN MARTIAL ART BY MASTER TED TABURA



1. FUNDAMENTALS

Includes all the stances, blocks, punches, and kicks of this unique system.
#LAMA-1 60 min. Only \$49.95

2. INTERMEDIATE

Teaches breakfalls, self-defense attacks & counters, throwing techniques, joint locks.
#LAMA-2 60 min. Only \$49.95

3. ADVANCED

Shows special techniques against 2 attackers, knife & gun defenses, baton techniques, five katas.
#LAMA-3 60 min. Only \$49.95

AUTHENTIC NINJUTSU BY ROBERT BUSSEY



1. NINJA COMBAT TACTICS VOL. 1

Includes all the fundamentals of Ninjutsu. Stretching, conditioning, break falls, kicks, punches, obstacle course and more.
#NJA-1 Limited Offer \$49.95

2. NINJA COMBAT TACTICS VOL. 2

Teaches stealth (art of invisibility), underwater evasion, trap construction, camouflage techniques and more.
#NJA-2 Limited Offer \$49.95

3. NINJA COMBAT TACTICS VOL. 3

Teaches over 100 dynamic Ninjutsu hand to hand fighting techniques. A must for everyone.
#NJA-3 Limited Offer \$49.95

4. NINJA WEAPONS TACTICS VOL. 1

Teaches the lethal techniques of the Hanbo (4' staff) Bo (6' staff) and Yawara (Palm Stick).
#NJA-4 Limited Offer \$49.95

5. NINJA WEAPONS TACTICS VOL. 2

Teaches the Tekagi (tiger claws) Shuriken (throwing stars), and Ninja Blow Gun.
#NJA-5 Limited Offer \$49.95

6. NINJA WEAPONS TACTICS VOL. 3

Teaches the deadly Ninja Sword, Fighting Ninja Net, and Survival Rope Climbing techniques.
#NJA-6 Limited Offer \$49.95

7. NINJA WEAPONS TACTICS VOL. 4

Teaches Ninjutsu Knife Fighting techniques and defenses against gun attacks.
#NJA-7 Only \$49.95

8. NINJA MAN EXCLUSIVE VIDEO INTERVIEW

Meet World renowned Ninjutsu Master Robert Bussey up close in this exclusive video interview.
#NJA-8 Limited Offer \$49.95

★ NINJA SPECIAL! ORDER ALL 8 TAPES, PAY FOR ONLY 5, GET 3 FREE! YOU SAVE \$150.00! SEND ONLY \$274.00 INCLUDES SHIPPING.

BALISONG

FILIPINO KNIFE OF SELF-DEFENSE

1. FUNDAMENTALS VOL. 1

Includes history, safety tips, basic strikes & flipping.
#SONG-1 60 min. Limited Offer \$29.95

2. INTERMEDIATE VOL. 2

Shows numerous intermediate flipping, strikes, and training drills.
#SONG-2 60 min. Limited Offer \$29.95

3. ADVANCED VOL. 3

Dynamic tape shows many advanced flipping and self-defense techniques. Shows how to work two Balisong at once.
#SONG-3 60 min. Limited Offer \$29.95

★ BALISONG SPECIAL! ORDER ALL 3, PAY FOR ONLY 2, YOU SAVE \$29.95! ENCLOSE \$69.00 INCLUDES SHIPPING!

MASTERING AIKIDO STARRING MASTER KEN OTA



AIKIDO LEVEL 1

History, basics, break-falls, warm ups, Ki development.
#OTA 1 \$49.95 60 min.

AIKIDO LEVEL 2

Fundamental techniques, evasive tactics!
#OTA 2 \$49.95 60 min.

AIKIDO LEVEL 3

Intermediate one against one defensive techniques.
#OTA 3 \$49.95 40 min.

AIKIDO LEVEL 4

Advanced one against one techniques.
#OTA 4 \$49.95 50 min.

AIKIDO LEVEL 5

Use of the 4' wooden staff as a defensive weapon.
#OTA 5 \$49.95 45 min.

AIKIDO LEVEL 6

Advanced techniques against multiple attackers.
#OTA 6 \$49.95 45 min.

★ AIKIDO SPECIAL! ORDER ALL 6, PAY FOR ONLY 5, GET ONE FREE! YOU SAVE \$49.95! ENCLOSE \$268.00 INCLUDES SHIPPING!

GREEN BERET SPECIAL FORCES COMBATIVES BY GREEN BERET JAMES WEBB



1. CLOSE QUARTER FIGHTING VOL. 1

#SF1 60 min. \$49.95

2. CLOSE QUARTER FIGHTING VOL. 2

#SF2 60 min. \$49.95

3. SENTRY NEUTRALIZATION

#SF3 60 min. \$49.95

4. GREEN BERET EXERCISE WORKOUT

#SF4 60 min. \$49.95

5. INSIDE THE GREEN BERETS EXCLUSIVE INTERVIEW

#SF5 60 min. \$49.95

★ GREEN BERET SPECIAL! ORDER ALL 5, PAY FOR ONLY 3! YOU SAVE \$100.00! SEND ONLY \$165.00 INCLUDES SHIPPING!

MASTERING FLOOR FIGHTING BY ARTHUR COHEN 5TH DAN

1. FLOOR FIGHTING VOL. 1

In expert detail shows how to effectively protect yourself by using blocks, punches, and kicks while on the ground. Being on the ground is not a disadvantage with this tape.
#FF-1 60 min. Only \$49.95

2. FLOOR FIGHTING VOL. 2

Shows numerous advanced floor fighting techniques and strategy against one, two, and three attackers. Also defenses against knife assaults. A must for everyone.
#FF-2 60 min. Only \$49.95

MIKE STONE BEYOND TECHNIQUE

Karate's first point fighting Champion explains how to develop the power of the mind. This high quality tape is sure to help improve your physical performance by 100%.

★ MIKE STONE SPECIAL! ORDER ALL 3, PAY FOR ONLY 2, YOU SAVE \$29.95! ENCLOSE \$69.00 INCLUDES SHIPPING!

★ TO ORDER, USE ORDER FORM ON FOLLOWING PAGE, OR WITH CREDIT CARD CALL TOLL FREE 1-800-332-4442

VIDEO
* LEARN * ADVANCE

**Panther Guarantees Each Tape To Be Of The Highest Professional Quality
And Presented By Authentic Martial Arts Experts...All Tapes Copyrighted**

VIDEO
* LEARN * ADVANCE

WEAPONS OF THE ORIENT

- 1. SAI VOL. 1**
Teaches all the fundamentals of this versatile and deadly weapon. Includes Basic Kata.
#SA 90 min.
Only \$49.95
- 2. SAI VOL. 2**
Highly advanced fighting techniques including special training drills, combinations, self-defense and a traditional SAI Kata.
#SB 60 min.
Only \$49.95
- 3. NUNCHAKUS VOL. 1**
Teaches all the fundamentals of this ancient Okinawan weapon. Includes Dynamic Kata.
#N1 60 min.
Only \$49.95
- 4. NUNCHAKU VOL. 2**
Awesome display of Nunchaku mastery. Teaches how to handle two Nunchakus at same time. Includes Double Nunchaku Kata.
#N2 60 min.
Only \$49.95
- 5. TONFA**
Teaches all the techniques needed to master this weapon.
#FA 60 min.
Only \$49.95
- 6. KAMA**
Includes fearsome self-defense and Kama Kata.
#KA 90 min.
Only \$49.95
- 7. BO**
Experts show how to quickly master Okinawa's oldest weapon. Includes Bo Kata.
#BO 60 min.
Only \$49.95

*** WEAPONS SPECIAL!**
ORDER ANY 4 WEAPON TAPES IN THIS COLUMN, GET ANY OTHER \$49.95 VIDEO FREE! ENCLOSE ONLY \$215.00. INCLUDES SHIPPING.

- 1. EXPLOSIVE FLYING & JUMP KICKS**
#JK 60 min.
Only \$49.95
- 2. BREAKING AND FEATS OF MIND OVER MATTER**
#BR 60 min.
Only \$49.95
- 3. FROM THE ORIENT: THAI & JAPANESE KICKBOXING BOUTS**
#XV6 60 min.
Only \$49.95

*** SEND FOR OUR NEW CATALOG FOR A FULL DESCRIPTION OF EACH VIDEO.**

FROM OKINAWA ISSHIN RYU KARATE BY MASTER ANGI UEZU, 8TH DAN INCLUDES ALL REQUIREMENTS TO 3RD DEGREE BLACK BELT



- 1. FUNDAMENTALS**
Stances, blocks, punches, kicks, conditioning and more.
#ISHIN-A 60 min. ... Only \$49.95
- 2. ISSHIN RYU KATAS VOLUME 1**
Seisan, Seiunchin, Naihanchi.
#ISHIN-B 60 min. ... Only \$49.95
- 3. ISSHIN RYU KATAS VOLUME 2**
Wansu, Chinto, Sanchin.
#ISHIN-C 60 min. ... Only \$49.95
- 4. ISSHIN RYU KATAS VOLUME 3**
Kusunku, Sunsu.
#ISHIN-D 60 min. ... Only \$49.95
- 5. ISSHIN RYU BO KATAS**
Tokumine No Kun-Bo, Urashi-Bo, Shishi-No-Kun-No-Dai-Bo.
#ISHIN-E 60 min. ... Only \$49.95
- 6. ISSHIN RYU SAI KATAS**
Kusunku-Sai, Chatanyara-Sai, Bo-Sai Kumite.
#ISHIN-F 60 min. ... Only \$49.95
- 7. ISSHIN RYU SPARRING**
#ISHIN-G 60 min. ... Only \$49.95
- 8. SELF-DEFENSE VOL. 1**
#ISHIN-H 60 min. ... Only \$49.95
- 9. SELF-DEFENSE VOL. 2**
#ISHIN-I 60 min. ... Only \$49.95
- 10. ISSHIN RYU HISTORY**
#ISHIN-J 60 min. ... Only \$49.95

*** ISSHIN RYU SPECIAL!**
ORDER ALL 10 TAPES, PAY FOR ONLY 7, GET 3 FREE! YOU SAVE \$150.00! SEND ONLY \$379.00! INCLUDES SHIPPING.

MASTERING TANG SOO DO BY MASTER DAN NOLAN INCLUDES ALL REQUIREMENTS TO 4TH DEGREE BLACK BELT

- 1. TANG-SOO-DO BASIC & ADVANCED TECHNIQUES**
Stances, blocks, punches, kicks, conditioning, sparring, self-defense.
#TSD-1 60 min. ... Only \$59.95
- 2. 23 REQUIRED TANG-SOO-DO HYUNGS**
Dynamic tape teaches the 23 required Tang-Soo-Do Hyungs needed for promotion to 4th degree black belt. Also includes a staff and knife form.
#TSD-2 2 hrs. ... Only \$69.95
- 3. TANG-SOO-DO DYNAMIC KICKING**
A vast variety of intermediate and advanced kicking for the street or sparring.
#TSD-3 60 min. ... Only \$59.95

*** TANG-SOO-DO SPECIAL!**
ORDER ALL 3, GET ANY \$49.95 TAPE IN CATALOG FREE! SEND ONLY \$202.00 INCLUDES SHIPPING.

S.W.A.T.



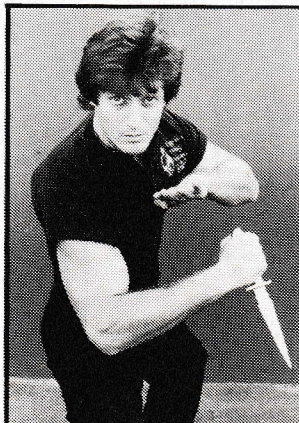
When people are in trouble, they call the police—when the police are in trouble, they call S.W.A.T. Learn the skills of law enforcement's elite! Each dynamic video tape approximately 45 to 60 minutes.

- 1. SWAT SELECTION, ORGANIZATION, AND IMPLEMENTATION**
#SWAT-1 Reg. \$89.95
Limited offer \$49.95
- 2. SWAT GEAR SURVEYS, SELECTIONS, AND RECOMMENDATIONS**
#SWAT-2 Reg. \$89.95
Limited offer \$49.95
- 3. SWAT INITIAL RESPONSE TO TACTICAL INCIDENTS**
#SWAT-3 Reg. \$89.95
Limited offer \$49.95
- 4. SWAT NIGHT COMBAT**
#SWAT-4 Reg. \$89.95
Limited offer \$49.95
- 5. SWAT BUILDING ASSAULT ENTRY & CLEARING**
#SWAT-5 Reg. \$89.95
Limited offer \$49.95
- 6. SWAT THE COUNTER-SNIPE RIFLE**
#SWAT-6 Reg. \$89.95
Limited offer \$49.95
- 7. SWAT THE COUNTER-SNIPE TEAM**
#SWAT-7 Reg. \$89.95
Limited offer \$49.95
- 8. SWAT COMBAT IN BUILT-UP AREAS**
#SWAT-8 Reg. \$89.95
Limited offer \$49.95
- 9. SWAT HANDGUNS AND SHOTGUNS, VOLUME 1**
#SWAT-9 Reg. \$89.95
Limited offer \$49.95
- 10. SWAT HANDGUNS AND SHOTGUNS, VOLUME 2 - COMBAT DRILLS**
#SWAT-10 Reg. \$89.95
Limited offer \$49.95
- 11. SWAT ASSAULT RIFLES - COMBAT DRILLS**
#SWAT-11 Reg. \$89.95
Limited offer \$49.95
- 12. SWAT SUB-MACHINE GUNS**
#SWAT-12 Reg. \$89.95
Limited offer \$49.95
- 13. SWAT PHYSICAL TRAINING**
#SWAT-13 Reg. \$89.95
Limited offer \$49.95
- 14. SWAT MARTIAL ARTS COMBATIVES**
#SWAT-14 Reg. \$89.95
Limited offer \$49.95
- 15. SWAT HOSTAGE NEGOTIATION UNIT**
#SWAT-15 Reg. \$89.95
Limited offer \$49.95
- 16. SWAT TACTICAL RAPPELLING**
#SWAT-16 Reg. \$89.95
Limited offer \$49.95
- 17. SWAT COMBAT SURVIVAL**
#SWAT-17 Reg. \$89.95
Limited offer \$49.95
- 18. SWAT TRAINING TO WIN**
#SWAT-18 Reg. \$89.95
Limited offer \$49.95
- 19. SWAT TEAM OPERATIONS "THE TROJAN HORSE CAPER"**
#SWAT-19 Reg. \$89.95
Limited offer \$49.95
- 20. SWAT FINAL EXAM PREPARATION AND TEST REVIEW**
#SWAT-20 Reg. \$89.95
Limited offer \$49.95

*** SWAT SPECIAL! ORDER ALL 20, GET 7 FREE! YOU SAVE \$350.00! SEND ONLY \$709.00! Includes shipping.**

JEET KUNE DO

**CONCEPTS AND FILIPINO MARTIAL ARTS
BY CERTIFIED INSTRUCTOR PAUL VUNAK.
EXPAND YOUR MARTIAL ARTS SKILLS
AND KNOWLEDGE WITH THESE GREAT TAPES.**



ABOUT PAUL VUNAK: Paul Vunak has been certified by Dan Inosanto as an instructor of both Jeet Kune Do concepts and the Filipino Martial Arts. He currently heads Progressive Fighting Systems, Inc., an organization whose primary function is the perpetuation of JKD and the Filipino Martial Arts through seminars. Vunak is also a certified Savate instructor and holds black belts in Tae Kwon Do and Kenpo Karate.

- 1. JUN FAN KICKBOXING VOL. 1**
Includes many fundamental kickboxing drills and equipment training developed by Bruce Lee & Dan Inosanto. 60 min.
#PV-A Only \$49.95
- 2. JUN FAN KICKBOXING VOL. 2**
Includes advanced sparring techniques and drills for competition and self-defense developed by Bruce Lee & Dan Inosanto. 60 min.
#PV-B Only \$49.95
- 3. TRAPPING**
This dynamic video includes trapping from J.K.D., Wing Chung, Kali, Thai Boxing plus many combative training drills. 60 min.
#PV-C Only \$49.95
- 4. WING CHUN DUMMY TRAINING**
This tape shows how to use the Mook-Jong (wooden dummy) to greatly improve your trapping skills. 60 min.
#PV-D Only \$49.95
- 5. KNIFE FIGHTING**
Includes dynamic knife training drills designed to promote speed, timing, footwork, reflexes, disarms, sparring and more. 60 min.
#PV-E Only \$49.95
- 6. FILIPINO STICK FIGHTING**
Includes drills, self-defense, and sparring techniques from single stick, double sticks, stick & dagger, staff, and more. 60 min.
#PV-F Only \$49.95

*** JEET KUNE DO CONCEPTS SPECIAL! ORDER ALL 6, PAY FOR ONLY 4, YOU SAVE \$100.00! SEND ONLY \$217.00 Includes Shipping.**

FOR INFORMATION ON JKD/KALI SEMINARS, PRIVATE OR GROUP INSTRUCTION, CALL MR. VUNAK DIRECT AT 1-213-439-2805.

MASTERING KAJUKENBO

Master Adriano Emperado, Founder of Kajukenbo personally endorses this dynamic video series by one of his top black belts Gary Forbach. Includes all requirements to black belt.



- 1. FUNDAMENTALS**
#KAJU-A 60 min. ... Only \$49.95
- 2. KAJUKENBO KATAS Vol. 1**
Includes Pinians 1 to 7.
#KAJU-B 60 min. ... Only \$49.95
- 3. KAJUKENBO KATAS Vol. 2**
Includes Pinians 8 to 14.
#KAJU-C 60 min. ... Only \$49.95
- 4. SELF-DEFENSE Vol. 1**
Grabbing art defenses.
#KAJU-D 60 min. ... Only \$49.95
- 5. SELF-DEFENSE Vol. 2**
Punching defenses.
#KAJU-E 60 min. ... Only \$49.95
- 6. SELF-DEFENSE Vol. 3**
Club defenses.
#KAJU-F 60 min. ... Only \$49.95
- 7. SELF-DEFENSE Vol. 4**
Knife defenses.
#KAJU-G 60 min. ... Only \$49.95
- 8. KAJUKENBO SPARRING**
#KAJU-H 60 min. ... Only \$49.95
- 9. HISTORY & TRADITIONS**
Exclusive video interview with Master Adriano Emperado, founder of Kajukenbo.
#KAJU-I 60 min. ... Only \$49.95

*** KAJUKENBO SPECIAL!**
Order all 9 tapes pay for only 6 get 3 Free!
You save \$150.00! Enclose only 327.00
Includes Shipping!

Mastering Authentic OKINAWAN UECHI-RYU KARATE BY BLACK BELT ROD MINDLIN INCLUDES ALL REQUIREMENTS TO 3RD DEGREE BLACK BELT



- MASTER KANEI UECHI**
- 1. FUNDAMENTALS**
Stances, Blocks, Punches, Kicks, Conditioning.
#UECHI-A 60 min. ... Only \$49.95
 - 2. UECHI KATAS VOL. 1**
Sanchin, Kanshiwa, Kanshu.
#UECHI-B 60 min. ... Only \$49.95
 - 3. UECHI KATAS VOL. 2**
Includes Seiching and Seisan.
#UECHI-C 60 min. ... Only \$49.95
 - 4. UECHI KATAS VOL. 3**
Seirui, Konching, Sansetru.
#UECHI-D 60 min. ... Only \$49.95
 - 5. UECHI SELF-DEFENSE**
Over 100 Hard-Hitting Moves.
#UECHI-E 60 min. ... Only \$49.95
 - 6. UECHI SPARRING**
Traditional Competition Techniques.
#UECHI-F 60 min. ... Only \$49.95
 - 7. UECHI-RYU HISTORY & TRADITIONS**
#UECHI-G 60 min. ... Only \$49.95

*** UECHI RYU SPECIAL!**
ORDER ALL 7 TAPES, PAY FOR ONLY 5, GET 2 FREE! YOU SAVE \$100.00! SEND ONLY \$271.00, INCLUDES SHIPPING.

*** TO ORDER, USE ORDER FORM ON FOLLOWING PAGE, OR WITH CREDIT CARD CALL TOLL FREE 1-800-332-4442**

MASTERING HUNG GAR KUNG-FU

BY MASTER DAVID LEE
STUDENT OF MASTER CHI CHI LING
REQUIREMENTS TO BLACK SASH



1. FUNDAMENTALS
Stances, Blocks, Punches, Kicks,
Stretching and Conditioning.
#GAR-1 90 min.
Only \$49.95

EMPTY HAND FORMS

2. LAU GAR FIST
#GAR-2 60 min.
Only \$49.95

**3. HEART PENETRATING
PALM**
#GAR-3 60 min.
Only \$49.95

**4. GUNG GEE FOOK
FU KUEN**
#GAR-4 60 min.
Only \$49.95

5. BUTTERFLY PALM
#GAR-5 60 min.
Only \$49.95

**6. TIGER AND CRANE
FORM**
#GAR-6 60 min.
Only \$49.95

7. FIVE ANIMALS FORM
#GAR-7 60 min.
Only \$49.95

**8. FIVE ANIMALS AND
FIVE ELEMENTS FORM**
#GAR-8 60 min.
Only \$49.95

WEAPONS FORMS

9. LAU GAR STICK
#GAR-9 60 min.
Only \$49.95

10. EIGHT DIAGRAM STICK
#GAR-10 60 min.
Only \$49.95

11. SINGLE BROAD SWORD
#GAR-11 60 min.
Only \$49.95

12. BUTTERFLY KNIVES
#GAR-12 60 min.
Only \$49.95

13. PLUM FLOWER SPEAR
#GAR-13 60 min.
Only \$49.95

14. KWAN-DO 1
#GAR-14 60 min.
Only \$49.95

15. KWAN-DO 2
#GAR-15 60 min.
Only \$49.95

**16. HUNG GAR
SELF-DEFENSE**
Over 100 Deadly Techniques.
#GAR-16 60 min.
Only \$49.95

17. HUNG GAR SPARRING
Traditional Techniques that can be
used in today's Tournaments.
#GAR-17 60 min.
Only \$49.95

**18. HUNG GAR HISTORY
AND TRADITIONS**
#GAR-18 60 min.
Only \$49.95

★ HUNG GAR ★ SUPER SPECIAL

ORDER ALL 18 TAPES, PAY
FOR ONLY 12, GET 6 FREE!
YOU SAVE \$300.00! SEND
ONLY \$653.00. INCLUDES
SHIPPING

MASTERING TAI-CHI-CHUAN YANG STYLE BY RENOWNED MASTER PROF. DANIEL LEE



1. YANG LONG FORM VOL. 1
Special Warm ups and First 17 Postures
of Long Form with Applications.
#CHI-A 60 min.
Only \$49.95

2. YANG LONG FORM VOL. 2
Includes Postures 18 to 32 making up
Second Section of Long Form, with
Applications.
#CHI-B 60 min.
Only \$49.95

3. YANG LONG FORM VOL. 3
Includes Postures 33 to 55 making up
Third Section of Long Form, with Ap-
plications.
#CHI-C 60 min.
Only \$49.95

4. YANG LONG FORM VOL. 4
Includes Postures 56 to 108 making up
Last Section of Long Form, with Appli-
cations.
#CHI-D 60 min.
Only \$49.95

5. TAI CHI FAST SET
Rapid Pace Form for Improving Endur-
ance and Coordination.
#CHI-E 60 min.
Only \$49.95

6. TAI CHI PUSH HANDS
Special Drills for Developing Sensitivity
and Reflexes.
#CHI-F 60 min.
Only \$49.95

7. TAI CHI SELF-DEFENSE
Shows how ancient Movements of Tai
Chi can stop any Attacker.
#CHI-G 60 min.
Only \$49.95

8. TAI CHI BROAD SWORD
#CHI-H 60 min.
Only \$49.95

**9. TAI CHI HISTORY/PHIL-
OSOPHY & CONCEPTS**
#CHI-I 60 min.
Only \$49.95

★ TAI CHI SPECIAL!
ORDER ALL 9 TAPES, PAY
FOR ONLY 6, GET 3 FREE!
YOU SAVE \$150.00! SEND
\$327.00, INCLUDES SHIPPING.

MASTERING MONKEY KUNG-FU BY MASTER PAULIE ZINK



1. FUNDAMENTALS
America's "Monkey King,"
Paulie Zink, presents one of
the most unusual and ad-
vanced martial arts systems
ever developed. Master Zink
teaches you this exotic and
ancient Chinese art whose
unorthodox and deceptive
techniques are as unstop-
pable as they are strange to be-
hold. Includes history, Master
Zink's incredible flexibility ex-
ercises, conditioning, self de-
fense, weaponry and more.
You will truly be amazed at
what you see.
#Z-A 2 hrs. Reg. \$175.00 Ltd. Offer \$89.95

2. CLASSICAL MONKEY FORMS
Teaches you Five Distinct Monkey Sets of the Tai Shing Pek
Swar System. They include the Drunken Monkey, Stone
Monkey, Lost Monkey, Wooden Monkey and Tail Monkey.
These sets bring you Deep into The Monkey System.
#Z-B 1 hr. Reg. \$175.00 Limited offer \$59.95

3. WEAPONS OF MONKEY KUNG-FU
Master Zink teaches you the numerous Monkey Weapons
including the Fighting Techniques of the Broad Sword, Palm
Spears, 6' Staff, Exotic Iron circle and more. Also includes
Master Zink's Award Winning Staff Form.
#Z-C 1 hr. Reg. \$175.00 Limited offer \$59.95

★ MONKEY KUNG-FU SPECIAL!
BUY ALL 3 TAPES, GET ANY TAPE IN
CATALOG FREE! SEND ONLY \$222.00,
INCLUDES SHIPPING.

MASTERING PRAYING MANTIS KUNG-FU

BY SIFU RAUL ORTIZ
INCLUDES ALL REQUIREMENTS
TO BLACK SASH



1. FUNDAMENTALS
Conditioning, Block, Punches, Kicks,
Stances and more.
#MAN-A 60 min.
Only \$49.95

2. MANTIS FORMS VOL. 1
Sau Bo Tong Long
Bung Bo 1
#MAN-B 60 min.
Only \$49.95

3. MANTIS FORMS VOL. 2
Lung Jau Sau
Bung Bo 2
#MAN-C 60 min.
Only \$49.95

4. MANTIS FORMS VOL. 3
Ching Fu Kuen
Mai Jun Lo Hon (Sword Form)
#MAN-D 60 min.
Only \$49.95

5. MANTIS FORMS VOL. 4
Tong Long Daiyat Lo
Tong Long Hei Gung
Lau Gar Stick
#MAN-E 60 min.
Only \$49.95

6. MANTIS FORMS VOL. 5
Tong Long Dai Yee Lo
Tong Long Dai Sam Lo
#MAN-F 60 min.
Only \$49.95

7. MANTIS FORMS VOL. 6
Bot Bo Choi Da
Tong Long Ying Chun (Spear Form)
#MAN-G 60 min.
Only \$49.95

8. MANTIS SELF-DEFENSE
#MAN-H 60 min.
Only \$49.95

9. MANTIS SPARRING
#MAN-I 60 min.
Only \$49.95

★ MANTIS SPECIAL!
ORDER ALL 9 TAPES, PAY
FOR ONLY 6, GET 3 FREE!
YOU SAVE \$150.00! SEND
\$327.00, INCLUDES SHIPPING.

MASTERING WING CHUN KUNG-FU

BY RENOWNED MASTER
AUGUSTINE FONG
INCLUDES ALL REQUIREMENTS
TO BLACK SASH



**1. WING CHUN
FUNDAMENTALS**
Punches, blocks, kicks, mapo foot work,
iron palm, chi meditation, 1" punch.
#WC-A Reg. \$69.95. Only \$59.95

2. SIU LIM TAO FORM
Complete form history & applications,
plus single man techniques, double man
and more.
#WC-B Reg. \$69.95. Only \$59.95

3. CHUM KIU FORM
Complete form history & applications,
plus Lop Sau, single sticky hands.
#WC-C Reg. \$69.95. Only \$59.95

4. BIU GEE FORM
Complete form history & applications,
plus asking hands, 2 men and 3 men
sticky hands, Lop Sau.
#WC-D Reg. \$69.95. Only \$59.95

5. 108 MOK YAN JONG FORM
Includes hundreds of fundamental and
advanced techniques plus traditional
Wing Chun Dummy Form.
#WC-E Reg. \$69.95. Only \$59.95

6. WING CHUN WEAPONS
Teaches techniques and complete re-
quired forms of the Wing Chun Bok Jam
Do staff & butterfly swords.
#WC-F Reg. \$69.95. Only \$59.95

7. WING CHUN SPARRING
Numerous fighting combinations plus
sticky legs, closing the gap, taking cen-
ter line, free style sparring & more.
#WC-G Reg. \$69.95. Only \$59.95

**8. WING CHUN HISTORY,
CONCEPTS, & PHILOSOPHY**
#WC-H Reg. \$69.95. Only \$59.95

★ WING CHUN SPECIAL!
ORDER ALL 8 TAPES PAY
FOR ONLY 6, GET 2 FREE!
YOU SAVE \$120.00! SEND
ONLY \$384.00. INCLUDES
SHIPPING.

MASTERING AUTHENTIC HUNG SING CHOY LAY FUT KUNG-FU BY MASTER TAT MAU WONG All South East Asian Full-Contact Champion



**1. CHOY LAY FUT
FUNDAMENTALS**
Conditioning, stances, blocks, kicks.
#FUT-1 60 min. Only \$49.95

EMPTY HAND FORMS

**2. SMALL PLUM BLOSSOM
2 MAN PLUM BLOSSOM
FIGHTING SET**
#FUT-2 60 min. Only \$49.95

**3. 5 ANIMAL FORMS
TUET JIN HAND FORM**
#FUT-3 60 min. Only \$49.95

4. CRANE FORM
#FUT-4 60 min. Only \$49.95

**5. CROSS PATTERN
GRABBING FORM**
#FUT-5 60 min. Only \$49.95

WEAPONS FORMS

**6. SHAOLIN STAFF
SHAOLIN 2 MAN
FIGHTING STAFF**
#FUT-6 60 min. Only \$49.95

**7. SINGLE & DOUBLE END
WHIRLING STAFF**
#FUT-7 60 min. Only \$49.95

**8. TIGER TAIL BROADSWORD
HORSE BENCH SET**
#FUT-8 60 min. Only \$49.95

**9. PRESSURE POINT FAN
DOUBLE EDGE SWORD**
#FUT-9 60 min. Only \$49.95

**10. SPINNING SPEAR
WHIP CHAIN**
#FUT-10 60 min. Only \$49.95

**11. HIDDEN BUTTERFLY
KNIVES & SPEAR-VS.-
BUTTERFLY KNIVES**
#FUT-11 60 min. Only \$49.95

12. 3 SECTIONAL STAFF
#FUT-12 60 min. Only \$49.95

**13. CHOY LAY FUT
WOODEN DUMMY**
#FUT-13 60 min. Only \$49.95

**14. CHOY LAY FUT SELF-
DEFENSE**
#FUT-14 60 min. Only \$49.95

**15. CHOY LAY FUT
FULL-CONTACT
FIGHTING**
#FUT-15 60 min. Only \$49.95

**16. CHOY LAY FUT
HISTORY & TRADITIONS**
#FUT-16 60 min. Only \$49.95

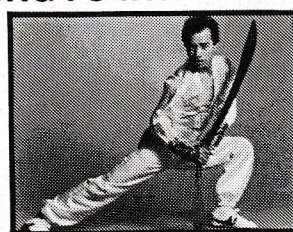
★ CHOY LAY FUT SPECIAL!
ORDER ALL 16 TAPES, PAY FOR
ONLY 10, GET 6 FREE! YOU SAVE
\$300.00! SEND ONLY \$548.00! IN-
CLUDES SHIPPING.

AUTHENTIC LION DANCES OF CHINA STARRING MASTER TAT MAU WONG

1. BEGINNING LION DANCE
The lion is a chinese symbol of courage
and good luck. Capture the lions spirit of
strength with this unique tape! Teaches
history, fundamental dances, music and
more.
#LD-A 60 min. Only \$49.95

2. ADVANCED LION DANCE
Entertaining tape includes dances, lion
coming out of his cave, eating the snake,
lion & 7 stars and more.
#LD-B 60 min. Only \$49.95

KUNG-FU WITH ERIC LEE



1. MASTERING THE BROADSWORD
Master Lee teaches correct stances, strikes, blocks,
combat techniques against Staff, Kata, and more.
#LEE1 60 min. Only \$49.95

2. MASTERING A SHAOLIN FORM
World Forms Champion Eric Lee teaches a dy-
namic intermediate kung-fu form that will truly test
your abilities.
#LEE2 60 min. Only \$49.95

**3. ERIC LEE DYNAMIC TENSION
TOTAL BODY WORKOUT**
Build speed, power, flexibility, endurance, and
muscle with Eric Lee's simple and effective workout
that gets results fast. No weights or expensive
equipment required.
#LEE3 50 min. Only \$49.95

WORLD
CHAMPION
JOHN CHUNG1. WINNING TRADITIONAL
AND CREATIVE FORMS

Teaches everything needed to improve your forms by 100%. Covers stances, footwork, timing, balance, speed, power, tournament tips and more.
#C1 ... 90 min. ... Only \$59.95

2. 12 INTERNATIONAL TAE
KWON DO HYUNGS

Chon-ji, tan-gun, to-san, won-hyo, yul-gok, chung-gun, toi-gye, haw-rang, chung-mu, kwan-gye, po-eun, gye-baek.
#C2 ... 2 1/2 hr. ... Only \$79.95

3. WINNING SPARRING
COMBINATIONS

#C3 ... 60 min. ... Only \$59.95

*** JOHN CHUNG SPECIAL!**
ORDER ALL 3 TAPES ONLY
\$160.00. YOU SAVE \$50.00,
INCLUDES SHIPPING.

FULL-CONTACT KARATE
BY WORLD CHAMPION
JEAN YVES THERIAULT1. TRAINING &
CONDITIONING

#TV1 ... Only \$49.95

2. STANCES & FOOTWORK

#TV2 ... Only \$49.95

3. POWER PUNCHING

#TV3 ... Only \$49.95

4. DEVASTATING KICKS

#TV4 ... Only \$49.95

5. SUPERIOR DEFENSE

#TV5 ... Only \$49.95

6. FIGHTING
COMBINATIONS

#TV6 ... Only \$49.95

7. GREAT FIGHTS VOL. 1

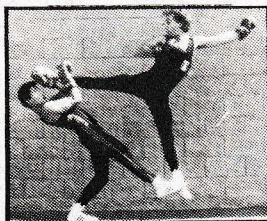
Includes 3 of Theriault's greatest full-contact fights.
#TV7 ... Only \$49.95

8. GREAT FIGHTS VOL. 2

Three more of Theriault's greatest full-contact fights.
#TV8 ... Only \$49.95

*** THERIAULT SPECIAL!**
ORDER ALL 8 TAPES,
PAY FOR ONLY 6, GET 2
FREE! SAVE \$100! SEND
ONLY \$324.00. IN-
CLUDES SHIPPING.

SAVATE



FROM FRANCE THE
DEADLY ART OF FRENCH
FOOT FIGHTING BY
FRENCH PROFESSOR
SALEM ASSLI

CERTIFICATION UPON
COMPLETION. EACH TAPE
APPROX. 60 MIN.

1. SAVATE STRETCHING
& CONDITIONING

#VATE A ... Ltd. Offer \$59.95

2. SAVATE FUNDAMENTALS

#VATE B ... Ltd. Offer \$59.95

3. SAVATE BEGINNER
OFFENSIVE FIGHTING

#VATE C ... Ltd. Offer \$59.95

4. SAVATE INTERMEDIATE
OFFENSIVE FIGHTING
VOLUME 1

#VATE D ... Ltd. Offer \$59.95

5. SAVATE INTERMEDIATE
OFFENSIVE FIGHTING
VOLUME 2

#VATE E ... Ltd. Offer \$59.95

6. SAVATE ADVANCED
OFFENSIVE FIGHTING
VOLUME 1

#VATE F ... Ltd. Offer \$59.95

7. SAVATE ADVANCED
OFFENSIVE FIGHTING
VOLUME 2

#VATE G ... Ltd. Offer \$59.95

8. SAVATE DEFENSIVE
FIGHTING TECHNIQUES

#VATE H ... Ltd. Offer \$59.95

9. SAVATE SELF-DEFENSE

Over 75 techniques that
can save your life
#VATE I ... Ltd. Offer \$59.95

10. SAVATE HISTORY

#VATE J ... Ltd. Offer \$59.95

*** SAVATE SPECIAL!**
ORDER ALL 10 TAPES PAY
FOR ONLY 7 GET 3 FREE! YOU
SAVE \$180.00! SEND ONLY
\$450.00 INCLUDES SHIPPING.
* FOR SAVATE SEMINARS
CALL 1-213-822-7313

ARNIS * ESCRIMA

*** KALI ***
BY FILIPINO MASTER
ARSENIO ADVINCULA

1. ARNIS SINGLE STICKS
Teaches 100s of single stick fighting
techniques including warm-ups,
stances, blocks, strikes, sparring,
kata and much more.
#A1 ... 130 min. ... \$59.95

2. ARNIS DOUBLE STICKS
Advanced tape shows how to work 2
sticks at the same time. Includes the
most lethal stick fighting ever seen.
#A2 ... 90 min. ... \$59.95

3. ARNIS SWORD
& DAGGER
Shows warrior combat drills, spar-
ring, street self-defense, kata and
more. Learn the techniques of the
Philippines deadliest knife fighters.
#A3 ... 90 min. ... \$59.95

*** ARNIS SPECIAL!**
ORDER ALL 3 TAPES GET
ANY \$49.95 TAPE IN CAT-
ALOG FREE!

DYNAMIC FIGHTING
SYSTEM & WEAPONS
OF RENOWNED
MASTER
TADASHI YAMASHITA1. YAMASHITA FIGHTING
TECHNIQUES VOL. 1

World renowned Shorin Ryu Master
Tadashi Yamashita teaches you the
fundamental techniques and theo-
ries of his devastating karate fighting
style. Includes his seven secret points
for achieving ultimate karate speed,
power and accuracy.
#YA ... 60 min. ... Only \$59.95

2. YAMASHITA FIGHTING
TECHNIQUES VOL. 2

Master Yamashita teaches his com-
plex fighting combinations that em-
phasize the hard & soft philosophy of
Shorin Ryu. His complex combina-
tions are a series of blocks and strikes
designed to hit your attacker with
blinding speed from various angles.
Also includes a death-defying dem-
onstration of the samurai sword.
#YB ... 60 min. ... Only \$59.95

3. MASTER YAMASHITA
NUNCHAKU TECHNIQUES
VOLUME 1

Master Yamashita teaches you all the
Fundamental Techniques needed to
master the Okinawan Nunchaku. He
takes you through Basic Stances,
Blocks, Strikes, Flipping, Catching,
Warm ups, Training Drills, Self-
Defense and more. A must for all
Serious Weapons Students.
#YC ... 60 min. ... Only \$59.95

4. MASTER YAMASHITA
NUNCHAKU VOLUME 2

Master Yamashita will dazzle you as
he teaches over 100 Nunchaku fight-
ing techniques. They include Wrist
Rolling, Flipping, Double Nuncha-
kus, Rapid Fire Combinations, spe-
cial Training Drills, Nunchaku against
Nunchaku Kumite, Joint Locks, Take
Downs, Choke Holds and more.
#YD ... 60 min. ... Only \$59.95

5. MASTER YAMASHITA
BO TECHNIQUES

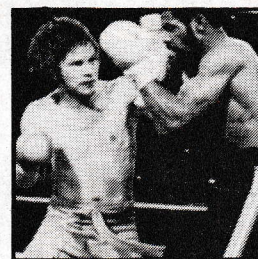
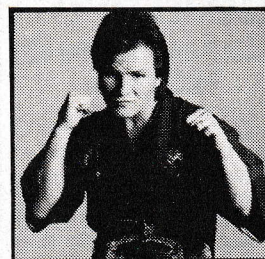
Master Yamashita teaches you the
Basic, Intermediate, and Advanced
Blocks, Strikes and Fighting Combi-
nations of the Traditional Okinawan
Bo (6' staff). He includes classical
Okinawan Bo Katas which will en-
hance your weapons skills and Mas-
tery of this ancient Fighting Weapon.
#YE ... 60 min. ... Only \$59.95

6. MASTER YAMASHITA
KAMA TECHNIQUES

Recognized as the World Leading
Kama Expert, Master Yamashita
holds back nothing as he teaches
you All His Secret Techniques need-
ed to master this deadly and Versatile
Weapon from Basic to Highly Ad-
vanced Combinations. Also includes
an Award Winning Kama Kata.
#YF ... 60 min. ... Only \$59.95

*** YAMASHITA SPECIAL!**
ORDER ALL 6 TAPES
FOR ONLY 4, GET 2 FREE!
YOU SAVE \$120! SEND ONLY
\$257.00 INCLUDES SHIPPING.

VIDEOS BY THE "JET"

BENNY "THE JET" URQUIDEZ,
UNDEFEATED WORLD KICKBOXING
CHAMPION (57-0) 49 KNOCKOUTS1. WORLD CHAMPION, BENNY "THE JET" URQUIDEZ
DYNAMIC TRAINING & CONDITIONING

The "Jet" gets you in the best shape of your life with his tough training &
conditioning workout. Numerous exercises are designed to build stamina,
speed, power, reflexes, balance, confidence and more. Also includes special
high impact exercises which toughen the body to withstand strikes when in
combat!
#JET-1 ... 60 min. Reg. \$78.00 Limited offer \$59.95

2. WORLD CHAMPION, BENNY "THE JET" URQUIDEZ
DYNAMIC FUNDAMENTAL FIGHTING TECHNIQUES

The Champ will open your eyes to a whole new way of fighting with this tape.
He teaches you how to develop a strong foundation as a fighter including
blocks, punches, kicks, footwork, stances, bobbing, weaving, faking, rhythm,
timing, distancing, balance, and much more.
#JET-2 ... 60 min. Reg. \$78.00 Limited offer \$59.95

3. WORLD CHAMPION, BENNY "THE JET" URQUIDEZ
DYNAMIC DEFENSIVE FIGHTING TECHNIQUES

Mr. Urquidez teaches the same defensive techniques that have helped him win
numerous world titles. You're taught how to avoid and counter any type of
technique your opponent attacks with. Learn to hit without getting hit.
#JET-3 ... 60 min. Reg. \$78.00 Limited offer \$59.95

4. WORLD CHAMPION, BENNY "THE JET" URQUIDEZ
DYNAMIC OFFENSIVE FIGHTING TECHNIQUES

This is the video people have been waiting for. It includes hundreds of off-
ensive techniques and fight strategy by the world's most aggressive fighter. "THE
JET" shows how to dominate and control your opponent with relentless hand
and foot combinations. Point and full-contact fighters cannot afford to be
without this training aid.
#JET-4 ... 60 min. Reg. \$78.00 Limited offer \$59.95

5. WORLD CHAMPION, BENNY "THE JET" URQUIDEZ
"KNOWLEDGE IS POWER"

In this tape the Champ answers the most commonly asked questions by
martial artists on how to improve their skills. Topics include training, condi-
tioning, diets, fight strategy, equipment, developing a positive mental attitude
and more. A true encyclopedia of information.
#JET-5 ... 60 min. Reg. \$78.00 Limited offer \$59.95

6. WORLD CHAMPION, BENNY "THE JET" URQUIDEZ
"UP CLOSE," EXCLUSIVE VIDEO INTERVIEW

Meet Benny Urquidez, up close in this informative video interview filmed at the
world famous Jet Center in Van Nuys, CA. The Jet tells about his life and how
he became a world champion. Includes clips of the Champ's toughest bouts
and tour of The Jet Center.
#JET-6 ... 90 min. Reg. \$78.00 Limited offer \$59.95

7. WORLD CHAMPION, BENNY "THE JET" URQUIDEZ
WINNING SELF-DEFENSE SYSTEM

Whether in the ring or in the street, Benny Urquidez is one tough dude. In this
tape, the Jet teaches you self-defense techniques he has developed as part of
his Ukidokan system. The techniques are explosive, powerful and realistic.
Regardless of your style, the over 100 techniques shown will enhance your
ability to defend against any type of assault.
#JET-7 ... 60 min. Reg. \$78.00 Limited offer \$59.95

8. WORLD CHAMPION, BENNY "THE JET" URQUIDEZ
EQUIPMENT TRAINING WORKOUT

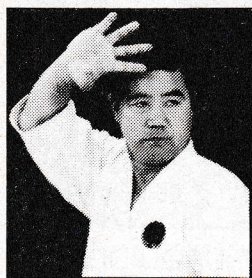
In this important tape, the Champ demonstrates how to properly use over 10
different pieces of training equipment in the same workout format he follows
when preparing for a Championship fight. By following Benny's equipment
routine on a regular basis, you will greatly improve your speed, power, timing,
rhythm, endurance, reflexes, accuracy and confidence as a fighter. Benny's
section on the heavy bag is outstanding.
#JET-8 ... 90 min. Reg. \$78.00 Limited offer \$59.95

*** JET SPECIAL! ORDER ALL 8 TAPES, PAY
FOR ONLY 6, GET 2 FREE! YOU SAVE \$120.00!
SEND ONLY \$384.00 FOR COMPLETE SET. IN-
CLUDES SHIPPING.**

*** FOR INFORMATION ON SEMINARS, EXHIBITIONS,
PERSONAL APPEARANCES OR FAN CLUB MEMBER-
SHIP, CONTACT THE JET'S MANAGER, STUART
SOBEL, C/O PRO ACTION SPORTS, INC. 1-213-666-7789.**

*** TO ORDER, USE ORDER FORM ON FOLLOWING PAGE, OR WITH CREDIT CARD CALL TOLL FREE 1-800-332-4442**

FROM OKINAWA TRADITIONAL OKINAWAN GOJU RYU



**STARRING MASTER
MORIO
HIGAONNA**
8TH DEGREE BLACK BELT

LEARN THE COMPLETE GOJU RYU SYSTEM FROM IT'S LEADING MASTER. INCLUDES ALL REQUIREMENTS TO 4TH DEGREE BLACK BELT. TAPES APPROX. 45 TO 60 MIN. IN LENGTH. A MUST FOR ALL.

1. GOJU RYU WARM-UPS & STRETCHING
#GOJU 1 Reg. \$69.95 Limited Offer \$49.95
2. GOJU RYU BODY CONDITIONING EXERCISES
#GOJU 2 Reg. \$69.95 Limited Offer \$49.95
3. GOJU RYU STANCES & FOOTWORK
#GOJU 3 Reg. \$69.95 Limited Offer \$49.95
4. GOJU RYU PUNCHING TECHNIQUES
#GOJU 4 Reg. \$69.95 Limited Offer \$49.95
5. GOJU RYU KICKING TECHNIQUES
#GOJU 5 Reg. \$69.95 Limited Offer \$49.95
6. GOJU RYU BLOCKING TECHNIQUES
#GOJU 6 Reg. \$69.95 Limited Offer \$49.95
7. GOJU RYU KAKIE (PUSH HANDS)
#GOJU 7 Reg. \$69.95 Limited Offer \$49.95
8. GOJU RYU TRADITIONAL SELF-DEFENSE
#GOJU 8 Reg. \$69.95 Limited Offer \$49.95
9. GOJU RYU TRADITIONAL SPARRING
#GOJU 9 Reg. \$69.95 Limited Offer \$49.95
10. GOJU RYU MAKIWARA TRAINING
#GOJU 10 Reg. \$69.95 Limited Offer \$49.95
11. GOJU RYU HISTORY AND TRADITIONS VOL. 1
#GOJU 11 Reg. \$69.95 Limited Offer \$49.95
12. GOJU RYU HISTORY AND TRADITIONS VOL. 2
#GOJU 12 Reg. \$69.95 Limited Offer \$49.95

★ REQUIRED GOJU RYU TRADITIONAL KATAS ★

13. GOJU RYU GEKISAI DAI-ICHI KATA
#GOJU 13 Reg. \$69.95 Limited Offer \$49.95
14. GOJU RYU GEKISAI DAI-NI KATA
#GOJU 14 Reg. \$69.95 Limited Offer \$49.95
15. GOJU RYU SAIFA KATA
#GOJU 15 Reg. \$69.95 Limited Offer \$49.95
16. GOJU RYU SEIYUNCHIN KATA
#GOJU 16 Reg. \$69.95 Limited Offer \$49.95
17. GOJU RYU SHISOCHIN KATA
#GOJU 17 Reg. \$69.95 Limited Offer \$49.95
18. GOJU RYU SANSEIRU KATA
#GOJU 18 Reg. \$69.95 Limited Offer \$49.95
19. GOJU RYU SEPAL KATA
#GOJU 19 Reg. \$69.95 Limited Offer \$49.95
20. GOJU RYU KURURUNFA KATA
#GOJU 20 Reg. \$69.95 Limited Offer \$49.95
21. GOJU RYU SESAN KATA
#GOJU 21 Reg. \$69.95 Limited Offer \$49.95
22. GOJU RYU SUPARINPEI KATA
#GOJU 22 Reg. \$69.95 Limited Offer \$49.95
23. GOJU RYU SANCHIN KATA
#GOJU 23 Reg. \$69.95 Limited Offer \$49.95
24. GOJU RYU TENSUO KATA
#GOJU 24 Reg. \$69.95 Limited Offer \$49.95

★ GOJU RYU SPECIAL! Order all 24, pay for ONLY 16, get 8 FREE! You save \$400.00! Send only \$871.00! Includes shipping.

★ FOR SEMINARS BY MASTER HIGAONNA OR INFO. ON JOINING THE I.O.G.K.F. CALL 1-619-744-6633.

WORLD WRESTLING CHAMPION "JUDO" GENE LE BELL'S PRO-WRESTLING FINISHING HOLDS



SEE WHY BRUCE LEE CONSIDERED GENE LE BELL THE BEST IN GRAPPLING TECHNIQUES AND WHY CHUCK NORRIS RECOGNIZES LE BELL AS ONE OF THE TOUGHEST MEN ALIVE. EACH TAPE 60 MIN.

1. PRO-WRESTLING FINISHING HOLDS VOL. 1
Tape introduces you to the brutal and effective fighting techniques of legend "Judo" Gene Le Bell. Includes numerous ground fighting techniques, chokes, neck strangles, joint locks, and groin stretches. Also features Le Bell fighting 10 men in an attempt to break the Guinness Book of Records.
#PRO 1 Reg. \$79.95 Limited Offer \$59.95
2. PRO-WRESTLING FINISHING HOLDS VOL. 2
Video features over 40 more brutal techniques from Le Bell which are designed to quickly render your opponent senseless. Some techniques featured include: cobra grip, foot on hand wrist bend, thumb crush, party flex, switching elbow lock, outside wrist lock & foot on neck.
#PRO 2 Reg. \$79.95 Limited Offer \$59.95
3. PRO-WRESTLING FINISHING HOLDS VOL. 3
Be a deadly fighter and grappler with 40 more finishing holds from the champ. These techniques are not taught in any school, and tape includes many illegal holds. Some featured are the knee & hip crank figure 4 leg lock, standing Indian death lock, inside leg grapevine, biting and more.
#PRO 3 Reg. \$79.95 Limited Offer \$59.95

★ LE BELL SPECIAL! ORDER ALL 3 TAPES, PAY FOR ONLY 2, GET 1 FREE! YOU SAVE \$59.95! SEND ONLY \$128.00 INCLUDES SHIPPING.

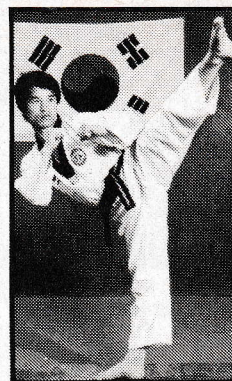
★ FOR SEMINARS BY LE BELL CALL STUART SOBEL at 1-213-666-7789.

TONY BLAUER'S CHU FEN DO "PANIC ATTACK" FULL-CONTACT NO-HOLDS BARRED STREET FIGHTING ULTIMATE TEST OF YOUR FIGHTING SKILLS

1. PANIC ATTACK PSYCHOLOGY
A lecture covering fear, on-off switch, instincts, body language, power tripping, speech, when to strike and more.
#PANIC 1 Reg. \$59.95 Limited Offer \$49.95
2. PANIC ATTACK CONDITIONING
The complete body toughening & strengthening workout needed to survive the streets.
#PANIC 2 Reg. \$59.95 Limited Offer \$49.95
3. PANIC ATTACK ARSENAL
Teaches the street fighting blocks, punches, kicks and footwork that must be executed to stop an assault.
#PANIC 3 Reg. \$59.95 Limited Offer \$49.95
4. PANIC ATTACK DRILLS AND CONFRONTATIONS
Special training drills to make you react properly against various types of opponents.
#PANIC 4 Reg. \$59.95 Limited Offer \$49.95
5. PANIC ATTACK FULL-CONTACT STREET FIGHTING
The most realistic demonstrations of what happens in a street fight as attackers and defenders fight with full power hand techniques and kicks in virtual fights to the death. You will quickly realize what works and what doesn't when the fight is for real. A must video!
#PANIC 5 Reg. \$59.95 Limited Offer \$49.95

★ PANIC ATTACK SPECIAL! ORDER ALL 5 TAPES, PAY FOR ONLY 3, GET 2 FREE! YOU SAVE \$100.00! SEND ONLY \$165.00 INCLUDES SHIPPING! TAPES APPROX. 45-60 MIN.

★ FOR PANIC ATTACK SEMINARS CALL TONY BLAUER AT 1-514-737-6659.



FROM KOREA W.T.F. TAE KWON DO STARRING MASTER SANG H. KIM

6TH DEGREE BLACK BELT
THE WORLD TAE KWON DO FEDERATION IS THE ONLY TAE KWON DO ORGANIZATION RECOGNIZED BY THE KOREAN GOVERNMENT. WTF IS ALSO ACKNOWLEDGED BY THE OLYMPIC COMMITTEE. INCLUDES ALL REQUIREMENTS TO 4TH DEGREE BLACK BELT. LEARN THE TAE KWON DO OF THE OLYMPICS. TAPES APPROX. 45-60 MIN.

1. WTF BASIC STRETCHING & BODY CONDITIONING
#TKD 1 Reg. \$69.95 Limited Offer \$49.95
2. WTF ADVANCED STRETCHING & BODY CONDITIONING
#TKD 2 Reg. \$69.95 Limited Offer \$49.95
3. WTF STANCES, BLOCKS, PUNCHES
#TKD 3 Reg. \$69.95 Limited Offer \$49.95
4. WTF DYNAMIC BASIC KICKS
#TKD 4 Reg. \$69.95 Limited Offer \$49.95
5. WTF DYNAMIC ADVANCED KICKS
#TKD 5 Reg. \$69.95 Limited Offer \$49.95
6. WTF BASIC SELF-DEFENSE
#TKD 6 Reg. \$69.95 Limited Offer \$49.95
7. WTF ADVANCED SELF-DEFENSE
#TKD 7 Reg. \$69.95 Limited Offer \$49.95
8. WTF SPARRING BASIC
#TKD 8 Reg. \$69.95 Limited Offer \$49.95
9. WTF SPARRING ADVANCED
#TKD 9 Reg. \$69.95 Limited Offer \$49.95
10. WTF BREAKING TECHNIQUES
#TKD 10 Reg. \$69.95 Limited Offer \$49.95
11. WTF HISTORY & TRADITIONS
#TKD 11 Reg. \$69.95 Limited Offer \$49.95
- ★ WTF REQUIRED POOMSE (FORMS) ★
12. WTF POOMSE VOLUME 1 (FORMS)
Tae Geuk IL Chang, Tae Geuk Yi Chang, Tae Geuk Sam Chang.
#TKD 12 Reg. \$69.95 Limited Offer \$49.95
13. WTF POOMSE VOLUME 2 (FORMS)
Tae Geuk Sa Chang, Tae Geuk Oh Chang, Tae Geuk Yook Chang.
#TKD 13 Reg. \$69.95 Limited Offer \$49.95
14. WTF POOMSE VOLUME 3 (FORMS)
Tae Geuk Chil Chang, Tae Geuk Pal Chang.
#TKD 14 Reg. \$69.95 Limited Offer \$49.95
- ★ WTF BLACK BELT POOMSE (FORMS) ★
15. WTF KORYO POOMSE (FORM)
#TKD 15 Reg. \$69.95 Limited Offer \$49.95
16. WTF KEUM GANG POOMSE (FORM)
#TKD 16 Reg. \$69.95 Limited Offer \$49.95
17. WTF TAE BAEK POOMSE (FORM)
#TKD 17 Reg. \$69.95 Limited Offer \$49.95
18. WTF PYONG WON POOMSE (FORM)
#TKD 18 Reg. \$69.95 Limited Offer \$49.95
19. WTF SIP JIN POOMSE (FORM)
#TKD 19 Reg. \$69.95 Limited Offer \$49.95
20. WTF JI TAE POOMSE (FORM)
#TKD 20 Reg. \$69.95 Limited Offer \$49.95
21. WTF CHEON KWON POOMSE (FORM)
#TKD 21 Reg. \$69.95 Limited Offer \$49.95
22. WTF HAN SOO POOMSE (FORM)
#TKD 22 Reg. \$69.95 Limited Offer \$49.95

★ TKD SPECIAL! ORDER ALL 22 TAPES, PAY FOR ONLY 15, GET 7 FREE! YOU SAVE \$350.00! SEND ONLY \$815.00. INCLUDES SHIPPING.

★ FOR SEMINARS BY MASTER KIM CALL 1-203-522-7190.

★ TO ORDER, USE ORDER FORM ON FOLLOWING PAGE, OR WITH CREDIT CARD CALL TOLL FREE 1-800-332-4442

**PROFESSIONAL
★ BODYGUARD ★**

MEN & WOMEN EVERYWHERE NOW HAVE THE OPPORTUNITY TO ENTER THE EXCITING AND PROFITABLE FIELD OF THE PROFESSIONAL BODYGUARD. FULL OR PART TIME BE FINANCIALLY REWARDED FOR YOUR SKILLS. ALL TAPES ARE PRESENTED BY THE WORLD'S PREMIER BODYGUARD SCHOOL, MARTIAL ARTS SECURITY SERVICE, INC. CERTIFICATION AND DIPLOMAS AVAILABLE UPON COMPLETION. TAPES 60 MIN. OR LONGER IN LENGTH.

**1. PROFESSIONAL BODYGUARD:
AN INTRODUCTION**

#GUARD1 ... Reg. \$69.95 ... Ltd. Offer \$49.95

2. BODYGUARDING AND THE LAW

#GUARD2 ... Reg. \$69.95 ... Ltd. Offer \$49.95

**3. TERRORIST THREAT TO BODYGUARD
OPERATIONS**

#GUARD3 ... Reg. \$69.95 ... Ltd. Offer \$49.95

4. BODYGUARD COMBAT SHOTGUN

#GUARD4 ... Reg. \$69.95 ... Ltd. Offer \$49.95

5. BODYGUARD COMBAT PISTOL CRAFT

#GUARD5 ... Reg. \$69.95 ... Ltd. Offer \$49.95

6. BODYGUARD FIREARM WEAPONRY VOL. 1

#GUARD6 ... Reg. \$69.95 ... Ltd. Offer \$49.95

7. BODYGUARD FIREARM WEAPONRY VOL. 2

#GUARD7 ... Reg. \$69.95 ... Ltd. Offer \$49.95

8. BODYGUARD SURVIVAL

#GUARD8 ... Reg. \$69.95 ... Ltd. Offer \$49.95

9. BODYGUARD CLIENT PROTECTION VOL. 1

#GUARD9 ... Reg. \$69.95 ... Ltd. Offer \$49.95

10. BODYGUARD CLIENT PROTECTION VOL. 2

#GUARD10 ... Reg. \$69.95 ... Ltd. Offer \$49.95

**11. BODYGUARD SPECIAL PURPOSE
NON-LETHAL WEAPONS VOL. 1**

#GUARD11 ... Reg. \$69.95 ... Ltd. Offer \$49.95

**12. BODYGUARD SPECIAL PURPOSE
NON-LETHAL WEAPONS VOL. 2**

#GUARD12 ... Reg. \$69.95 ... Ltd. Offer \$49.95

**13. BODYGUARD DETENTION, CONTROL,
AND SEARCH TECHNIQUES**

#GUARD13 ... Reg. \$69.95 ... Ltd. Offer \$49.95

14. BODYGUARD SELF-DEFENSE

#GUARD14 ... Reg. \$69.95 ... Ltd. Offer \$49.95

**15. BODYGUARD WEAPON RETENTION
& TAKEAWAY TECHNIQUES**

#GUARD15 ... Reg. \$69.95 ... Ltd. Offer \$49.95

16. WOMEN IN BODYGUARDING

#GUARD16 ... Reg. \$69.95 ... Ltd. Offer \$49.95

**17. BODYGUARD AMBUSH COUNTER
MEASURES VOL. 1**

#GUARD17 ... Reg. \$69.95 ... Ltd. Offer \$49.95

**18. BODYGUARD AMBUSH COUNTER
MEASURES VOL. 2**

#GUARD18 ... Reg. \$69.95 ... Ltd. Offer \$49.95

**19. BODYGUARD MENTAL &
PHYSICAL FITNESS**

#GUARD19 ... Reg. \$69.95 ... Ltd. Offer \$49.95

**20. BOMB THREATS TO VEHICLES &
BODYGUARD PERSONNEL**

#GUARD20 ... Reg. \$69.95 ... Ltd. Offer \$49.95

**21. BODYGUARD PERSPECTIVES
& REFLECTIONS**

#GUARD21 ... Reg. \$69.95 ... Ltd. Offer \$49.95

**22. BODYGUARD WEAPONS CARE
& MAINTENANCE**

#GUARD22 ... Reg. \$69.95 ... Ltd. Offer \$49.95

23. BODYGUARD TRAUMA CARE

#GUARD23 ... Reg. \$69.95 ... Ltd. Offer \$49.95

24. BODYGUARD OPERATIONS

#GUARD24 ... Reg. \$69.95 ... Ltd. Offer \$49.95

25. BODYGUARD EXAM REVIEW

#GUARD25 ... Reg. \$69.95 ... Ltd. Offer \$49.95

★ BODYGUARD SPECIAL! ORDER ALL 25 TAPES PAY FOR ONLY 16! GET 9 FREE! YOU SAVE \$450.00. SEND ONLY \$874, INCLUDES SHIPPING.

★ FOR INFO ON THE M.A.S.S., INC. SCHOOL, CONTACT WILLIAM UNGERMAN AT 1-714-547-2566.



WHEN KENPO STRIKES

BY WORLD RENOWNED
KENPO MASTER
LARRY TATUM
7TH DEGREE
BLACK BELT

THE MOST AWESOME DISPLAY OF SPEED AND POWER EVER WITNESSED ON VIDEO. SEE THE ART OF KENPO AT ITS HIGHEST LEVEL OF PERFECTION. INCLUDES ALL REQUIREMENTS TO 4TH DEGREE BLACK BELT. TAPES 45 TO 60 MIN.

1. KENPO STANCES & FOOT WORK

#KENPO1 ... Reg. \$69.95 ... Ltd. Offer \$49.95

2. KENPO FOOT MANEUVERS

#KENPO2 ... Reg. \$69.95 ... Ltd. Offer \$49.95

3. KENPO DYNAMIC BLOCKING

#KENPO3 ... Reg. \$69.95 ... Ltd. Offer \$49.95

4. KENPO DYNAMIC HAND STRIKES

#KENPO4 ... Reg. \$69.95 ... Ltd. Offer \$49.95

5. KENPO DYNAMIC KICKING

#KENPO5 ... Reg. \$69.95 ... Ltd. Offer \$49.95

**6. KENPO SELF-DEFENSE THEORY, CONCEPTS,
PRINCIPALS & TECHNIQUES VOLUME 1**

#KENPO6 ... Reg. \$69.95 ... Ltd. Offer \$49.95

**7. KENPO SELF-DEFENSE THEORY, CONCEPTS,
PRINCIPALS & TECHNIQUES VOLUME 2**

#KENPO7 ... Reg. \$69.95 ... Ltd. Offer \$49.95

8. KENPO ADVANCED SELF-DEFENSE VOLUME 1

#KENPO8 ... Reg. \$69.95 ... Ltd. Offer \$49.95

9. KENPO ADVANCED SELF-DEFENSE VOLUME 2

#KENPO9 ... Reg. \$69.95 ... Ltd. Offer \$49.95

10. KENPO SELF-DEFENSE AGAINST MASS ATTACKS

#KENPO10 ... Reg. \$69.95 ... Ltd. Offer \$49.95

11. KENPO STREET SPARRING

#KENPO11 ... Reg. \$69.95 ... Ltd. Offer \$49.95

12. KENPO TOURNAMENT SPARRING

#KENPO12 ... Reg. \$69.95 ... Ltd. Offer \$49.95

13. KENPO HISTORY & TRADITIONS

#KENPO13 ... Reg. \$69.95 ... Ltd. Offer \$49.95

14. KENPO INSIGHTS, An exciting demonstration tape featuring various Kenpo techniques taught in this video series. Includes Master Tatum's film "Walls of Defense."

#KENPO14 ... Reg. \$69.95 ... Ltd. Offer \$49.95

★ REQUIRED KENPO FORMS ★**15. KENPO SHORT FORM 1 YELLOW & ORANGE BELT**

#KENPO15 ... Reg. \$69.95 ... Ltd. Offer \$49.95

16. KENPO LONG FORM 1 BLUE BELT

#KENPO16 ... Reg. \$69.95 ... Ltd. Offer \$49.95

17. KENPO SHORT FORM 2 PURPLE BELT

#KENPO17 ... Reg. \$69.95 ... Ltd. Offer \$49.95

18. KENPO LONG FORM 2 GREEN BELT

#KENPO18 ... Reg. \$69.95 ... Ltd. Offer \$49.95

19. KENPO SHORT FORM 3 GREEN BELT

#KENPO19 ... Reg. \$69.95 ... Ltd. Offer \$49.95

20. KENPO LONG FORM 3 BROWN BELT

#KENPO20 ... Reg. \$69.95 ... Ltd. Offer \$49.95

21. KENPO FORM 4 BROWN BELT

#KENPO21 ... Reg. \$69.95 ... Ltd. Offer \$49.95

22. KENPO FORM 5 BROWN BELT

#KENPO22 ... Reg. \$69.95 ... Ltd. Offer \$49.95

23. KENPO FORM 6 BLACK BELT

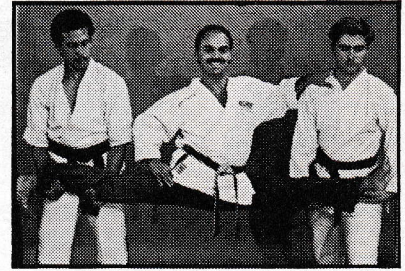
#KENPO23 ... Reg. \$69.95 ... Ltd. Offer \$49.95

★ KENPO SPECIAL! ORDER ALL 23, PAY FOR ONLY 16, GET 7 FREE! YOU SAVE \$350. SEND ONLY \$868.⁰⁰! INCLUDES SHIPPING.

★ FOR SEMINARS, INSTRUCTION, PERSONAL APPEARANCES, AND CERTIFICATION BY MASTER TATUM CALL 1-818-796-4029.

WORLD CHAMPION JEAN FRENETTE

MEMBER OF THE ATLANTIC TEAM
AND STAR OF POLICE ACADEMY 3 & 4

**1. ULTIMATE SPLITS AND
FLEXIBILITY VOLUME 1
BASIC LEVEL**

#FREN1 ... Reg. \$69.95 ... Ltd. Offer \$49.95

**2. ULTIMATE SPLITS AND
FLEXIBILITY VOLUME 2
INTERMEDIATE LEVEL**

#FREN2 ... Reg. \$69.95 ... Ltd. Offer \$49.95

**3. ULTIMATE SPLITS AND
FLEXIBILITY VOLUME 3
ADVANCED LEVEL**

#FREN3 ... Reg. \$69.95 ... Ltd. Offer \$49.95

4. DYNAMIC BASIC KICKS

#FREN4 ... Reg. \$69.95 ... Ltd. Offer \$49.95

**5. DYNAMIC KICKING COMBINA-
TIONS AND JUMP KICKS**

#FREN5 ... Reg. \$69.95 ... Ltd. Offer \$49.95

**6. DYNAMIC TOURNAMENT
SPARRING TECHNIQUES**

#FREN6 ... Reg. \$69.95 ... Ltd. Offer \$49.95

**7. DYNAMIC TOURNAMENT
OPEN & MUSICAL FORMS**

#FREN7 ... Reg. \$69.95 ... Ltd. Offer \$49.95

**8. DYNAMIC TOURNAMENT BO
TECHNIQUES & BO KATA**

#FREN8 ... Reg. \$69.95 ... Ltd. Offer \$49.95

**9. WORLD CHAMPION, JEAN
FRENETTE "UP CLOSE"
EXCLUSIVE INTERVIEW**

#FREN9 ... Reg. \$69.95 ... Ltd. Offer \$49.95

★ FRENETTE SPECIAL! ORDER ALL 9, PAY FOR ONLY 6, GET 3 FREE! YOU SAVE \$150.00! SEND ONLY \$326.00 INCLUDES SHIPPING! TAPES APPROX. 45 TO 60 MIN.

★ FOR SEMINARS, INSTRUCTION AND PERSONAL APPEARANCES BY MR. FRENETTE CALL 1-514-641-2775.

INDONESIAN PENTJAK SILAT

STARRING MASTER WILLIAM SANDERS

1. SILAT FUNDAMENTALS

#SILAT1 ... Reg. \$69.95 ... Ltd. Offer \$49.95

2. SILAT SELF-DEFENSE VOLUME 1

#SILAT2 ... Reg. \$69.95 ... Ltd. Offer \$49.95

3. SILAT SELF-DEFENSE VOLUME 2

#SILAT3 ... Reg. \$69.95 ... Ltd. Offer \$49.95

4. SILAT SELF-DEFENSE VOLUME 3

#SILAT4 ... Reg. \$69.95 ... Ltd. Offer \$49.95

5. SILAT GROUND FIGHTING

#SILAT5 ... Reg. \$69.95 ... Ltd. Offer \$49.95

6. SILAT SPARRING

#SILAT6 ... Reg. \$69.95 ... Ltd. Offer \$49.95

7. SILAT WEAPONS

#SILAT7 ... Reg. \$69.95 ... Ltd. Offer \$49.95

8. SILAT FORMS VOLUME 1 (1-2-3)

#SILAT8 ... Reg. \$69.95 ... Ltd. Offer \$49.95

9. SILAT FORMS VOLUME 2 (3 & 5)

#SILAT9 ... Reg. \$69.95 ... Ltd. Offer \$49.95

10. SILAT HISTORY & TRADITIONS

#SILAT10 ... Reg. \$69.95 ... Ltd. Offer \$49.95

★ SILAT SPECIAL! ORDER ALL 10, PAY FOR ONLY 7, GET 3 FREE! SAVE \$150.⁰⁰! SEND ONLY \$379.⁰⁰ Includes shipping. Tapes 45 to 60 min.

★ TO ORDER, USE ORDER FORM ON FOLLOWING PAGE, OR WITH CREDIT CARD CALL TOLL FREE 1-800-332-4442

Name: (Print) _____
Street: _____
City: _____
State: _____ Zip: _____
Phone: () _____
CREDIT CARD ☐ VISA ☐ MC ☐ AM. EXP. **IKF 2-90**
CARD NUMBER: _____
EXP. DATE: _____
SIGNATURE: _____
U.S. Currency Only • No C.O.D.'S • Outside U.S. Add \$10. Shipping ea. video.

DEALERS INVITED

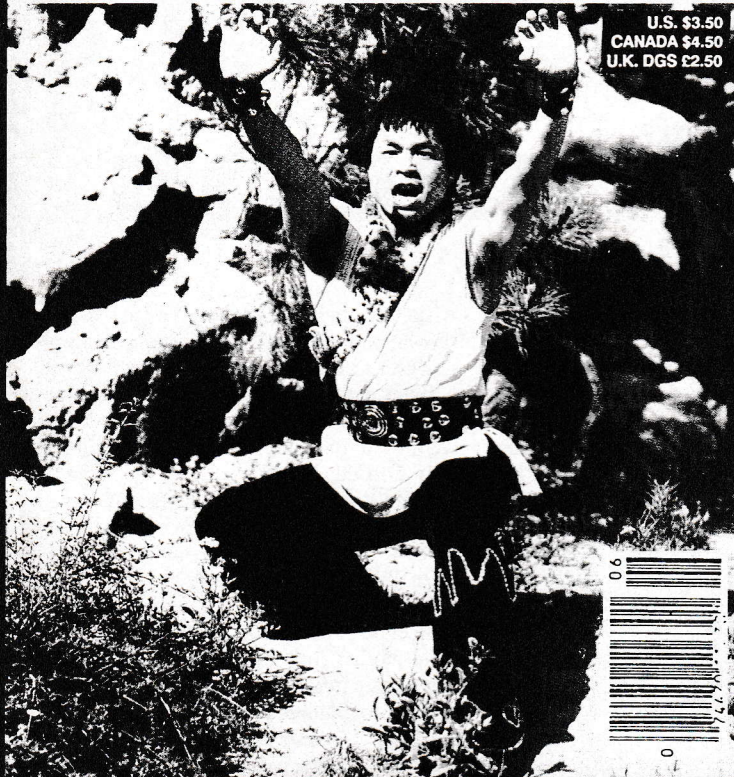
NOW LEARN FROM THE SOURCE!

DIRECT FROM CHINA'S MASTERS!

中國功夫

MARTIAL ARTS OF CHINA™

U.S. \$3.50
CANADA \$4.50
U.K. DGS £2.50



DIRECT FROM BEIJING! CHINA'S "OFFICIAL HOW TO" MAGAZINE!

LEARN DIRECT FROM CHINA'S ELITE MASTERS:

Qigong (Chi Kung) All Styles

Traditional Martial Arts

Shaolin Quan

Tiger, Mantis, Snake, Eagle, Monkey, Drunken, Wing Chun, etc. etc.

Internal Arts (Wu Dang Quan)

Taijiquan, Baguazhang, Xing I Quan, Liuhe Quan

Standardized Forms (forms for competition)

Changquan, Nanquan, Double edge sword, Broadsword, Spear, Staff

Martial Art, Qigong History, Philosophy, Legend, Fact, Fiction

Martial Art Medicine, Acupuncture, Herbal, Bone Setting, etc.

Specific martial art & qigong instruction such as:

Circulating & emitting qi energy

stance training and footwork of each style

offensive and defensive hands

kicking, sweeping & takedown methods

single and double man empty hands forms & weapons

combat exercises

and much much more!

A NEW MONTHLY MAGAZINE FROM BEIJING, CHINA!

SUBSCRIBE NOW & SAVE!

Subscribe now to the only instructional chi kung and kung fu magazine available from China. Each color monthly issue takes you directly to China's leading Masters for step by step instruction. Discover the secrets of the ancient Masters! Learn about kung fu and chi kung in China today! Find out the future of kung fu and chi kung in the world tomorrow! The "official journal" of China!

YES! Please send me
direct from China monthly!

☐ 12 Issues for \$29.00

MARTIAL ARTS OF CHINA

ONLY \$2.41 PER ISSUE

Save \$13.00 off cover price

☐ 24 Issues for \$54.00

MARTIAL ARTS OF CHINA

ONLY \$2.25 PER ISSUE

Save \$30.00 off cover price

Mexico & Canada add \$12.00 first class postage per year. International mailed surface or add \$22.00 per year air mail. Payable in U.S. dollars drawn on U.S. bank only. Please allow up to 90 days for first issue.

Pay now! We'll bill you! or Credit Card!

Subscribe Toll Free:

1 - 800 - 835 - 2246 ext. 93

Or Send to:

China Direct Publishing, Inc.

Post Office Box 31578-IKF2

San Francisco, CA 94131

Name: _____

Address: _____

City: _____ St: _____ Zip: _____

☐ personal check / cashiers check / money order

☐ Visa ☐ Mastercard ☐ Amer Xpress

Credit Card No: _____ Exp. Date _____ Mo _____ Yr _____

Signature _____ Phone _____

The Best (and Worst) In Video Entertainment

By S.C. Dacy

The library of high-caliber martial arts movies available on video grows daily, thus *IKF* updates The Best and the Worst.

One of the few advantages video has over theater is the fun of paying extra special attention to certain highlights through the miracle of *rewind* and *replay*, thus, in the case of several modern classics, specific moments are recommended.

The ratings work this way:

- ★ Missing the action.
- ★★ Pray for caffeine.
- ★★★ Thrill and thrill again.
- ★★★★ Catch this heat.
- ★★★★★ Magnificent warfare.

Aces Go Places bounces between crime caper and spy thriller, with frequent breaks for low-down Hong Kong humor and goofy family hijinks. ★★★★★

Aces Go Places III moves away from its kin thanks to the expert direction of *Tsui Hark*, who dares to poke fun at everything from HK greed to James Bond gadgetry. ★★★★★

Aces Go Places V adds Conan Lee but subtracts quality in a tired cynical lump fit only for folk who never see *AGP-IV*. ★

America 3000 defuses the post-nuke genre in stillborn comedy that includes Karen Sheperd. ★

American Ninja III introduces David Bradley as the new title character, but he *cannot* compete with the presence and humor of veteran ninjabuster Steve James, who deserves better. ★★

Angel supposedly stars Moon Lee and Elaine Lui as government agents destroying narcotraffic, but the *true* star here is Tsumura Yukari as *the meanest villian since The Joker*. ★★★★★

Angel II belatedly spotlights Moon Lee and Elaine Lui as federal agents who flatten Fascists. ★★★

Angel from Heat sells Marilyn Chambers as a martial artiste, as if her fans want *that* sort of action; compared to this sludge *Behind the Green Door* is a *jeet kune do* instruction tape. ★

Association may not satisfy *Western* viewers who want more Mao Ying and less Chinese history. ★★★



Avengers episodes are available on low-price for-sale video and the best starring the timeless Diana Rigg. ★★

Better Tomorrow changes the face of Hong Kong cinema by doing the basic gangster movie but *overdoing* the violence and the drama; count how many bullets finally off Chow Yun Fat. ★★★★★

Better Tomorrow II miraculously improves upon the original by going far beyond

whatever ultraviolence *any* movie has ever shown; rerun Chow Yun Fat sliding backward down the stairs. ★★★★★

Black Eagle wastes its spy story teasing up to the showdown between Jean Claude Van Damme and Sho Kosugi — then never letting them *finish* their bout! ★★

Blind Rage interweaves blaxploitation with martial arts in a caper about sightless bank robbers, featuring a totally numb cameo by Fred Williamson plus Leo Fong. ★

Blond Fury angers with the criminal misuse and sabotage of Cynthia Rothrock in a no-brain plot of cops and reporters and hairdos that mutate in midscene. ★★

Born to Gamble presents a *non-action* role for Joyce Godenzi as a highly moral young lady who bullies her fiancé into beating his betting; rated for her charisma. ★★★★★

Born to Defense muddies its fine combat sequence with offensive anti-American prejudice. ★★

Breaker! Breaker! hauls its cargo in history as one of those *early* attempts to jumpstart Chuch Norris' convoy. ★★

Bronson Lee: Champion sabotages Tada-shi Yamashita in another mess about revenge ★

Buddha's Justice finds Tsumura Yukari wonderfully guilty of the most impressive gymnastics and electric combat techniques this side of the Rising Sun — who needs a *script!*? ★★★★★

Burning Ambition scorches with another white-hot performance by the sizzling Tsumura Yukari as a daughter whose family's feuds ignite her most fiery karate. ★★★★★

Challenge fuses equal parts high technology and samurai lore as Scott Glenn teams with Mifune Toshiro to defeat some Japanese corporate mobsters. ★★

China O'Brien extradites Cynthia Rothrock back to her native land and then arrests both her and Keith Cooke (Hirabayashi) in a



slapdash script about corrupt redneck politics. ★★

Chinatown Connection fulfills all the promises that viewers expect from any flick starring Bruce Li — with Lee Major's son added for good measure. ★

Code of Silence speaks well as Chuck Norris' finest hour with its credible urban action and sharp work from supporting characters. ★★★★★

Counter Destroyer lives up to its first title — *RoboVampire* — just a modern example of the shoddy schlock that permanently (?) ruined HK pics for most Westerners. ★

Cyborg never makes up its mind whether Jean Claude Van Damme should be a standard action star or a martial artisan, and finally buries him in *Mad Max* props. ★★

Day of the Panther drags on for years. ★

Death Shadows takes the usual amount of Japanese time to set up its picturesque parable of federal avengers and local mobsters, all staged by Gosha Hideo. ★★★★★

Die Hard — yes, the one starring Bruce Willis — must be in this list because HK and Asia in general are busy making *hundreds* of imitations. ★★★★★

Dolemite! stands alone (nobody dares go near it) as the most absurd example of how *not* to mix blaxploitation with martial arts, courtesy of infamous Rudy Ray Moore. ★

Dragon Force tries and fails to smokescreen its lousy combat with dollops of *Penthouse*-style nudity. ★

Dreadnaught is the misleading name for a good action-thriller starring Yuen Biao as the only hope of stopping one mighty serial killer. ★★

Eastern Condors remains *The Greatest Foreign Movie Since '54*, thanks to director Samo Hung's ideal blend of warheads and *wushu*; rerun to see the perverse fire in Joyce Godenzi's eyes just before she executes the Vietcong. ★★★★★

Easy Money stars Michelle Khan but presents *not one grain* of the superior action she performs in her classic movies. ★

Eliminators includes Conan Lee as a pseudo-ninja who battles sci-fi villains, rednecks, and cavemen. ★

Enter the Dragon stands invulnerable to justified complaints about its lack of tension, unfinished plotlines, and uneven style, because Bruce Lee overrules. ★★★★★

Equalizer 2000 miscasts Richard Norton as a Filipino *Mad Max* but consoles him with Corinne Wahl. ★

Faster, Pussycat! Kill! Kill! must be seen as the *foremother* of Asia's New Wave Femmes (if only for extraordinary Tura Satana), from no less a feminist than *Russ Meyer*. ★★

Final Mission accomplishes nothing more than a stew of *Outland* and *Die Hard* (??). ★★

Fire in the Night burns viewers by stuffing Graciela Casillas into a *Karate Kid* yarn that makes fans pray for death. ★

Fist Fighter pits Hispanic heartthrob Jorge Rivero in ho-hum streetfights versus Aryan gargantua Matthias Hues. ★★

Fist of Fear, Touch of Death kills itself by selling the *real* Bruce Lee but presenting only redubbed *early* footage from his old *non*-action HK quickies. ★

Forty-Seven Ronin (1941) may anger viewers seeking swordplay, for this version buckles *not one swash*. ★★

Funny Family brings Taiwan into the modern age by way of HK, going *Yes, Madam* one better with *three* lady cops against mobsters, plus knockout work by Tsumura Yukari as a *yakuza* boxer. ★★★★★

Fate of Lee Kahn immortalizes HK's *Old Wave* as director King Hu melds history and visuals in a big-screen epic. ★★★★★

Fight to Win Eyes of the Dragon promises Cynthia Rothrock but mostly delivers George Chung in tired stuff about sacred idols and

an Eddie Murphy *imitator*. ★★

Fury of the Dragon is nothing more (or less) than collected episodes of the *Green Hornet* series necessary for collectors of the *early* Bruce Lee. ★★

Dacy's Must-See List

5 Stars

Better Tomorrow II
Eastern Condors
Seven Samurai

4½ Stars

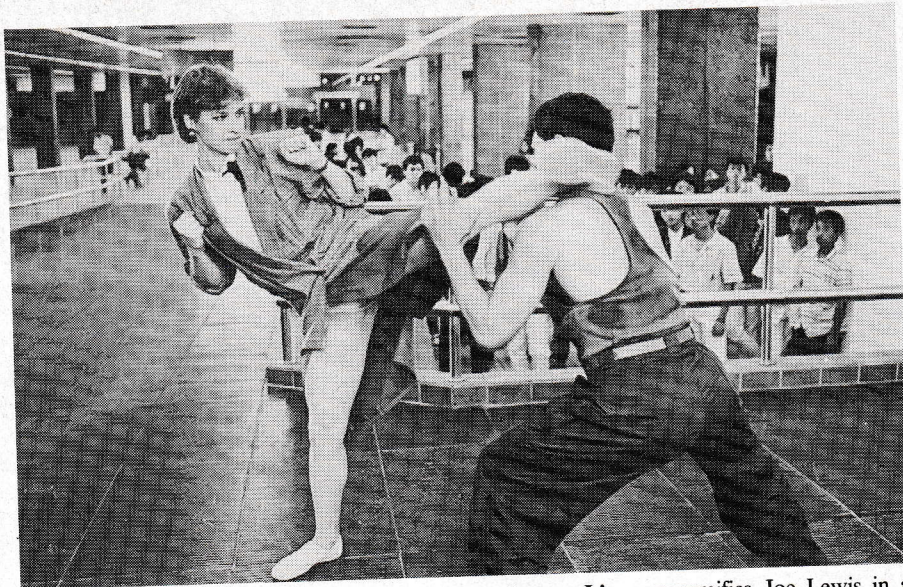
Die Hard
Miss Asia Pageant 1987
Seventh Curse

4 Stars

Better Tomorrow
Enter the Dragon
Fate of Lee Khan
Gunmen
Kentucky Fried Movie
Lethal Weapon
Lethal Weapon 2
License to Kill
Magnificent Warriors
Millionaire's Express
Painted Faces
Shogun Assassin
Yes, Madam

Ghost Snatchers serves no better purpose than for fans to get a closer look at Joyce Godenzi, who works her magic as an *exorcist* versus *poltergeists*, rated for her charm. ★★

Goofy Gang books Joyce Godenzi as a



police detective set on bringing zany kidnappers to justice no matter if she does *not* throw any punches; rated for her fortitude. ★★★

Gunmen expertly merges actual history with stunning action as honest cops battle vicious villains in post-war Shanghai, via creative producer Tsui Hark. ★★★★★

Gymkata is everything expected from an Olympic gymnast performing martial arts in Yugoslavia. ★

Hot Potato should be mashed. ★

Hard Ticket to Hawaii concentrates upon cartoon gangsters and *Playboy* playmates, almost burying Harold Diamond as a Hawaiian fighter. ★

Harcast & Fist imprisons Carter Wong in a yarn about escaped convicts and unleashed nudity. ★

Hawkeye goes blind trying to make a name for maverick copper George Chung, appearing without *real-life ex-chum* Cynthia Rothrock. ★

Heart of the Dragon stops beating between its too-few fights for sappy brotherly love betwixt Jackie Chan and Samo Hung, who appears in a *nude bathtub scene*. ★★★

Hong Kong Hit Man is an alias for *Stoner*. ★

Human Tornado sucks *ill* wind as Rudy Ray Moore screws up martial arts for the inner city. ★

I'm Gonna Git Yo', Sucka features Steve James in a dead-right parody of Old Wave star Jim Kelly. ★★★

In Like Flint cannot live up to James Coburn's first venture into Bondage, but its superb fight sequences are evidence of Bruce Lee's early influence on Hollywood. ★★★

Inframan teaches Hong Kong not to try *Japanese-type sci-fi*, this misfire being unintentionally funny fantasy about Inframan's clash with evil "Dragon Mom;" rated for laughs. ★★★

Inspector Wears Skirts features only ten minutes of Cynthia Rothrock at the prologue and the finale of an otherwise too-dumb *Battle of the Sexes* between SWAT cops. ★★★

Inspector Wears Skirts II excludes Cynthia Rothrock but keeps the comedy as more cops fight more crooks. ★★★

Jaguar Lives mummifies Joe Lewis in a 007 knockoff. ★

Karate Kid III defeats itself by stretching Ralph Macchio *too far*, then signing checks not even Noriyuki Morita can cash. ★★★

Karatix presents starlet Tiana Alexandra in a confusing mulch of aerobics and karate, useful only for ogling her. ★

Kentucky Fried Movie delights even the most pretentious fan by showcasing the least respectful — and *most deserved* — parody of Bruce Lee in "A Fistful of Yen." ★★★★★

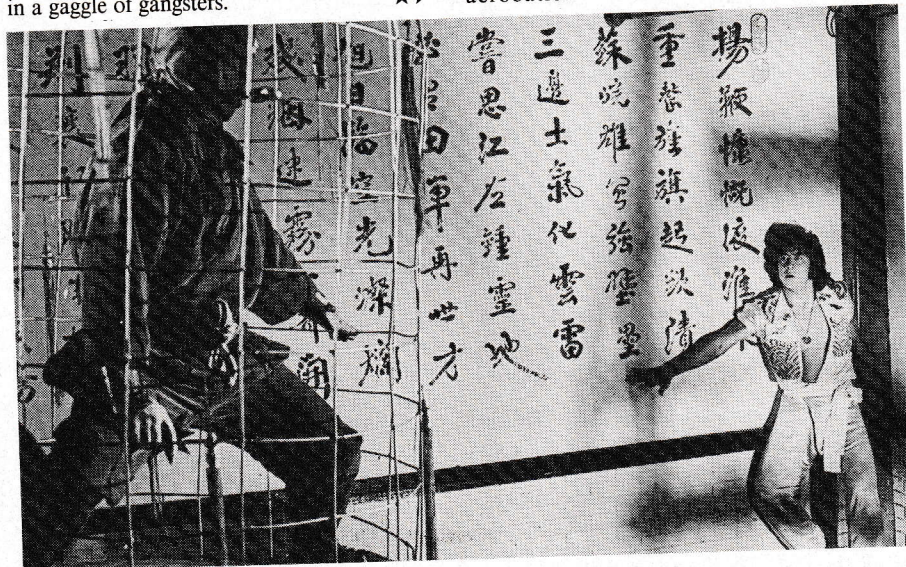
Killer Elite functions best as director Sam Peckinpah's sarcastic antidote to the '70s martial arts flicks, as James Caan demonstrates ninja are no match for *gunslingers*. ★★★

Killpoint nearly shafts Richard Roundtree in a standard urban thriller scrambled with Leo Fong's poker-fu. ★★★

Kung Fu Hero serves only to confirm The People's Republic of China also cranks out clunky kung-fu. ★

Laser Mission betrays its West German heritage by daring to cast Brandon Lee for only his *name* value in yet another brainless tale of gadgets and chases. ★

Legacy of Rage gets all confused whether to spotlight Brandon Lee as a martial artist or just an action star, and only wastes his genes in a gaggle of gangsters. ★



Legend of the Eight Samurai slakes by populating its cast with Chiba Shinichi and Shiomi Etsuko and other warriors, then immortalizing them in vivid colors. ★★★

Legend of the Seven Golden Vampires wins the *Wierdness* Award for its bout of Hong Kong kung-fu versus British Gothic monsters, predating modern HK action-horor flicks. ★★★

Legend of Wisely dares imitate the *Western* adventure hero by exploring foreign locales and indulging in special effects, with enough fu to qualify. ★★★

Lethal Weapon may not runneth over with martial arts action, but it illustrates how action pics make *everybody* happy. ★★★★★

Lethal Weapon 2 tosses in some South African (?) combat, but its true value is as a textbook example sure to be ripped off by *Asian* producers for the next several years. ★★★★★

Licence to Kill deserves special mention here as not merely the most exciting Bond since *Goldfinger*, but the single "A" movie to pit its hero against ninja — and *the nine* *ninja* win! ★

Lovely but Deadly is sleazy but crummy. ★

Low Blow hits viewers *below* the belt. ★

Lupine Wolf (*Lone Wolf & Cub II*) slices off more than it can dice by badly dubbing a superb movie with wooden "American" voices — *kill* the sounds and behold the sights! ★★★★★

Magnificent Warriors declares inner peace by framing Michelle Khan amidst epic adventure that threatens to melt the VCR; rerun her fist fling with that rope dart. ★★★★★

Marlowe upstages James Garner with a special appearance from Bruce Lee as a high-kicking enforcer. ★★★

Millionaire's Express intermingles kung-fu plus bushido plus the Old West for director Samo Hung's *second-finest* screen work; rerun Tsumura Yukari's surgery on Richard Norton. ★★★★★

Mister Canton & Lady Rose (Miracle) shifts agenda for Jackie Chan by downplaying actual combat and so accentuating the acrobatics in this sentimental

dramedy.

★★★

Miss Asia Pageant 1987 boggles with a *live stage performance* by Samo Hung, Joyce Godenzi, Yuen Biao, and many of the stars of *Eastern Condors* in a *once-in-a-lifetime spectacle*. ★★★★★

My Lucky Stars presents one of the rare team-ups with Jack Chan plus Samo Hung plus Yuen Biao busting Tokyo's worst villains; rerun Chan's funhouse fight versus ninja. ★★★★★

Ninja in the Dragon's Den gives viewers the too-rare chance to compare and contract Chinese combat versus Japanese, starring Sanada Hiroyuki and Conan Lee. ★★

Ninja Nightmare is an alternative title for non-start thrills as Leo Fong avenges confusing war crimes. ↓

Ninja Turf delivers little. ↓

No Retreat, No Surrender II nearly defeats Cynthia Rothrock by relegating her to a *supporting* role while he-men co-stars sleep-walk through the umpteenth hostage rescue. ★★

Octagon surrounds Chuck Norris with the finest *pure* martial arts project in his long career, done *without* apology to critics; rerun his seduction by Carol Badgasarian. ★★★★★

On the Run proves beyond doubt that martial arts can be fully integrated into *normal* thrillers *without* contrived fight scenes, with Yuen Biao tangled in a web of 1997 paranoia. ★★★★★

Operation Pink Squad never does what its promotion promises, as female SWAT crews spend more film killing screen time than killing gangsters. ★★

Our Man Flint ranks high among movie-goers with good memories, thanks to its brilliant homage to 007 plus James Coburn's combat — which was *ghost-coached* by Bruce Lee himself. ★★★★★

Painted Faces provides the key to the *real-life* childhoods of Samo Hung, Jackie Chan, and Yuen Biao at the Peking Opera school, in the single film *every reader must see*. ★★★★★

Paper Marriage estranges viewers with anti-American attitudes but reconciles with combat masterminded by director Samo Hung and the special appearance by Joyce Godenzi. ★★

Pedicab Driver ignores its sentimental story to concentrate upon painfully brutal fight sequences that director Samo Hung shoots with skill and ferocity. ★★

Picasso Trigger smothers Harold Diamond's action moments with smutty jokes while *Playboy* playmates skinny-dip in hot tubs, with a *non-combat* cameo by Keith Hirabayashi. ★

Police Story may soon be hailed as Jackie Chan's finest, the (shortlived) breakthrough that earned him global attention; rerun the double-decker bus gag. ★★★★★

Police Story II marks the beginning of the end for Jackie Chan's rough trade as he exchanges hard fists and broken glass for gymnastics and pyrotechnics. ★★

Punisher tortures Dolph Lundgren with misdirected *non-action*, misunderstood plot-lines, and misguided pacing. ★★

Red Scorpion grants Dolph Lundgren his only truly fine action role as a Soviet killing machine whose adventure in Africa induces a religious experience, directed by Joseph Zito. ★★

Righting Wrongs justifies serious collections as persistent cop Cynthia Rothrock hunts vigilante Yuen Biao to the logical end; rerun Rothrock's handcuff trick. ★★★★★

Roboforce (I Love Maria) cleverly rips off and then improves upon *Robocop*, all thanks to guidance by producer Tsui Hark, substituting creativity for bucks. ★★

RollerBlade sells *bogus* Japanese philosophy but only delivers sleazy softcore sex.

Rooftops takes its boring survival story among urban kids and jams in the half-hearted gimmick of South American combat dancing, by the director of . . . *The Sound of Music?* ★

Sakura Killers matches typical ninja against

sick of chintzy ninja flicks, with an all-star cast smoothly crossing swords with sorcery. ★★

Shogun's Shadow lightens up by mixing samurai and *ronin* storylines with updated special effects and rock music, plus co-director/star Chiba Shinichi. ★★

Silent Assassins matches more typical ninja against Sam Jones and Linda Blair, and (*damn it!*) the ninja lose *again*. ★

Spooky, Spooky pauses between cheap laughs and silly horror to present Joyce Godenzi as the only cop serious — and ferocious — enough to make the undead rest in *pieces*. ★★★★★

Stoner pairs 007 reject George Lazenby with Mao Ying and gets nowhere; rated for her work. ★

Sukeban-Deka II may be only collected episodes of the series, but nifty Minamino Yoki gets competition from the magic of Tsumura



Chuck Connors, and, sad to report, the ninja lose. ↓

Seven rolls around its *Playboy* centerfolds just long enough to feature Ed Parker in a few OK mobster fights. ★★

Seven Samurai is the *greatest*. Period. ★★★★★

Seventh Curse never gives viewers one predictable moment as it juggles epic adventure and gory horror and gratuitous nudity; rerun the cameos by Joyce Godenzi and Chow Yun Fat. ★★★★★

Shinobi Ninja adds Tadashi Yamashita plus Karen Sheperd plus Eric Lee and comes up with nothing terribly exciting. ↓

Shogun Assassin is a creative compacting of *Lone Wolf & Cubs I-II* re-edited and redubbed with intelligent storylines and dialogue — the lone exception to the rule. ★★★★★

Shogun's Ninja serves as a feast for viewers

Yukari. ★★

Superchick is all flesh but no blood. ↓

Sure Death 2 rates special attention among the *Hissatsu* pics for its bizarre finale with *ronin* avengers against Americans who wear *Reeboks* and ride *ten-speed bicycles*. ★★★★★

Sure Death 4 lives large for Nipponophiles by adding to its fine cast with Chiba Shinichi and Sanada Hiroyuki in fractured fairy tales from Japan. ★★★★★

Sword of Heaven dulls the mind as another prime reason of why martial arts pics are usually laughed out of film discussions. ★

Tattooed Hit Man offers a gruesome look into *yakuza* politics, replete with blood-soaked finale. ★★

Three the Hard Way wins the *Guilty Pleasure* nod here, starring Jim Brown, Fred

Continued on page 90

INOSANTO ACADEMY T-SHIRT

Designed by Dan, this heavy black-t-shirt displays the logos of the many styles he has studied. Gold print. S,M,L,XL #AT0200A \$10.00

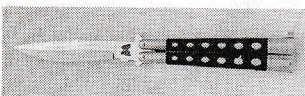
INOSANTO ACADEMY SWEATS

Same design on heavy black sweats. S,M,L,XL #AT0210A \$16.95



ESCRIMA/KALI DEMO VEST

Inspired by actual vests from the Philippines. Waist length tops of shiny black poly/cotton material with traditionally designed trim. Worn by Dan Inosanto, Jeff Imada and other noted martial artists. Sizes: S,M,L. #UF1000A \$24.95



U.S.A. BALISONG KNIVES

An affordable Balisong! 4" polished 440C stain. steel, WeeHawk II blade in chrome finished, diecast handles with black inserts. #KB0259C List \$39.95 Only \$35.00

U.S.A. PRODUCTION BALISONGS

The original 'Balisong Quality' is back! Sleek, WeeHawk II mirror polished 3" blade in stain. steel, skeletonized handles. 7" overall. Includes a black, ballistic nylon belt sheath. #KB0030C Standard (exposed pins) List \$59.95 Only \$44.95 #KB0035C Deluxe (finished pins) List \$79.95 Only \$59.95



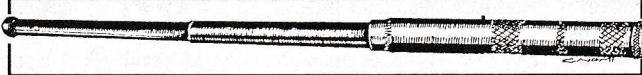
U.S.A. PREMIUM BALISONGS

This is an original Balisong which features a full 3/16" thick, 4" Custom, hand-ground Imada Hi-Hollow blade housed in full-sized, Deluxe stainless steel skeletonized handles. 14 day money back guarantee if not delighted! With cocoon sheath. Limited to remaining stock. #KP0061C List \$250.00 Only \$99.95

Many Collector's Quality & unusual Custom Balisongs available. Send \$1.00 for information & brochure.

SUPPLIER TO THE MARTIAL ARTS MASTERS

I & I SPORTS



TELESCOPIC TRAINING STAFFS

Manufactured in the U.S. these staffs feature steel alloy shafts, heat-treated for strength.

ASP-16

Deluxe model features a rubberized non-slip grip. Compact 6"x1" closed, extends to 16". 13 oz. Black. List \$40.00 Our Price \$35.00

ASP-17

Rugged standard model features a textured slip-resistant, thinner grip.

7" x 7/8" closed, extends to 17". 14 oz. Black. #WD0520C

List \$35.00 Our Price \$30.00

ASP-21

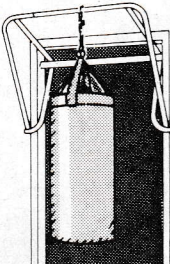
Same textured slip-resistant, grip as Asp-17, 8" x 7/8" closed, extends to 17". 20 oz.. Black. #WD0530C List \$42.50 Our Price \$37.50

ASP-26

Same rubberized non-slip grip as Asp-16 but 9" x 1" closed, extends to 26". 20 oz. Black. #WD0540C List \$45.00 Our Price \$40.00

PORTABLE INDOOR BAG HOLDER

An economical way to hang your heavy bag, double end bag, etc. Constructed of heavy gauge chrome plated tubing. Will hold up to 500 lbs., yet easy to remove for storage. Fits into any standard doorway (28" - 32"). 7 foot high bar can also be used for pull ups. #PO9000A List \$79.95 Our Price \$64.95



KUNG FU SHOES

Popular style slip-on shoes for training or all-around wear. Brown PVC sole, black canvas top and padded insole. Available from infant sizes to adult. Black. (Send foot tracing for accurate fit.) Only \$3.95/pair

BURNED AUTHENTIC RATTAN ESCRIMA/KALI WEAPONS

'The finest Escrima/Kali sticks on the market today!' Hand-burned in the traditional manner, and double coated with hi-gloss polyurethane. Features reflective, silver mylar bands around each end for better tracking of stick movements.

Used by such top martial artists as: Dan Inosanto, Jeff Imada, Paul Vanak and Graciella Cassillas.

COMBAT ESCRIMA STICK

Our best all around stick! Combines the beauty of traditional burned patterns and the durability of a natural stick with skin. 28" long. #WF0630A \$9.95/each

DEMO ESCRIMA STICK

A lighter, more ornate version than the Combat Escrima Sticks. Used for demos and when greater stick speed is desired. This is Dan Inosanto's favorite stick. No skin. 28" long. #WF0130A \$9.95/each

BO STAFF, 72"

\$21.95

DAGA STICK, 12"

4.95

OLISI PALAD, 5.5"

2.95

OLISI PALAD KEYCHAIN

3.95

PLAIN ESCRIMA STICK, 28"

5.95

PLAIN STICK W/SKIN, 28"

5.95

2-STICK BAG, 28"

5.95

DELUXE WEAPONS BAG

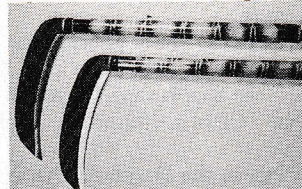
Black nylon bag with shoulder strap, long stick pocket, dagger pocket and 'quick retrieve' single stick pouch. 30" x 8". #PB8200A \$16.95



AUTHENTIC FILIPINO RATTAN NUNCHAKU (TABAK-TOYOK)

Traditional hand-burned designs with clear coat & 'Retina Retention

- Tape'. Lightweight, yet very durable.
- 12" long, 1-3/8" thick.
- #WN1012E Ball-Bearing \$16.95
- #WN112E Nylon Cord \$16.95



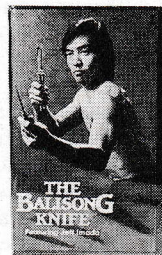
FILIPINO STYLE KAMA

- Sharp 7" steel bladed kama with hand-burned hardwood handles, clear coat & 'Retina Retention Tape'.
- #WF5000C \$24.95

VIDEOS

THE BALISONG KNIFE

- by Jeff Imada
- The leading authority on the Balisong
- Knife covers all aspects including: basic opening & closing techniques, one & two hand manipulations, aerial openings, grips & more. 50 minutes. #VT0200A List \$39.95
- Our Price \$29.95
- 'The first video series authorized by world renown, Dan Inosanto!'



INTRODUCTION TO THE FILIPINO MARTIAL ARTS

- by Dan Inosanto
- assisted by Paula Inosanto, Jeff Imada, Ted Lucaylucay, Steve Nakamura & others



VOLUME 1

- An overview with short sections on: single stick, double stick, empty hand, knife fighting, advanced balisong fighting, disarms, breaking, fighting techniques, ancient weapons, the whip, full contact sparring & more. 1 hour. #VT0400A
- List \$59.95 Our Price \$49.95

VOLUME 2

- Features: the weapons of the Philippines, major aspects of the single stick including grips, striking angles & disarms, Sinawali, empty hands appl. & more. 1 hr. #VT0420A
- List \$59.95 Our Price \$49.95

VOLUME 3

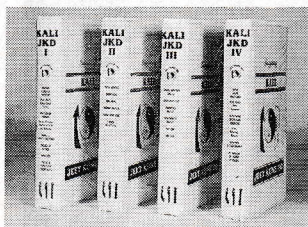
- Features: the all important energy drill with both sticks and empty hands, coordination drills flows and much more! 1 hour. #VT0430A
- List \$59.95 Our Price \$49.95

VOLUME 4

Features: long & short stick training, counters, snaking & stripping disarms, solo training, close quarters combat & more. 1 hour. #VT0440A
List \$59.95 Our Price **\$49.95**

VOLUME 5

FEATURES: A continuation of instruction begun in volume 4 with long and short stick training, disarms, angles of attack, attack and defense training and more! 1 hour.
#VT0450A List \$59.95
Our Price **\$49.95**



KALI/JEET KUNE DO

by Ted Lucaylucay

VOLUME 1

Weapons exercises. Theories of Angulation & Evasion Practices. Checking & Trapping Concepts. Angles of Attack and more. 1 hour.

VOLUME 2

Training with the heavy bag, kicking shield, focus gloves, double end ball and the Wing Chun Dummy. The 5 Ways of Attack and more. 1 hour.

VOLUME 3

Advanced methods of Kali/JKD training including the development of rhythm, drills focusing on footwork, hand strikes and leg strikes. Also trapping techniques, counter attacks, Chi Sao & Don Chi. 1 hour.

VOLUME 4

Basic knife positions, hand holds & foot positions for offensive & defensive training with the Kris, Balisong & dagger. Also Kali/JKD knife-fighting, disarms & takedowns.

List \$49.95 Our Price **\$39.95/each**
\$69.95/any 2 \$129.95/set of 4



PENJAK SILAT

by Victor deThouars, a direct descendant of the system's founders and featuring the Master of the Art and Dan Inosanto.

VOLUME 1

Features the history of the art, fighting applications, stretching, coconut & bat breaking and advanced techniques. 1 hour. #VT0110A
List \$59.95 Our Price **\$49.95**

VOLUME 2

Features street fighting techniques, forms, Dan Inosanto demonstrating advanced techniques and more! 1 hour. #VT0120A
List \$59.95 Our Price **\$49.95**

THE DEFENSIVE EDGE

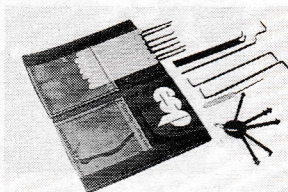
by Ernie Franco

Ernie Franco, renowned knife expert & martial artist provides practical techniques for the defensive use of knives in personal protection and proven methods against an armed aggressor. Also included are fixed blade knives, knife retention (how to protect yourself against disarming attempts), close range counters, and parries & deflections. 40 min. #VT0510A vol. 1 / #VT0520A vol. 2
Our Price **\$39.95/each \$69.95/set**

*NOTE: All videos available in VHS or Beta. Not returnable unless defective. No returns after 10 days.

PRO LOCK PICK TOOLS

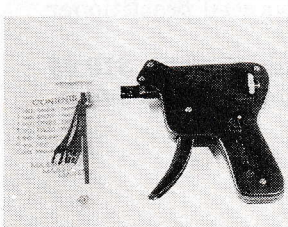
DELUXE LOCK PICK SET



17-piece set features 7 hardened, blude spring steel picks with metal handles, 1 heavy-duty & 3 regular tension wrenches, key extractor and the 5 piece pick key set for warded padlocks. Black case. #LP5000C
List \$49.95 Our Price **\$39.95**

MAJESTIC LOCK PICK SET

Our most popular set! Includes: rake & feeler picks, and tension wrenches. 8 tempered steel tools in a black leather pouch. Made in the U.S. #LP2000C **\$24.95**



LOCKAID PICK GUN

The original heavy-duty mechanical aid designed for law enforcement agencies to quickly pick pin/tumbler locks. Complete with 3 pick needles, tension wrench and instructions. #LP1000C **\$59.95**

PICK KEY SET

5 blued, tempered spring steel keys are designed to quickly and easily-

open most simple warded padlocks. #LP3000C **\$9.95**

Lock pick tools not sold in California, Canada or where prohibited by law. For hobby or professional use only.

LOCK PICKING SIMPL. MANUAL

Introductory book explaining the basic aspects of lock picking. Includes sections on pick guns, snap picks & general practice techniques. 26 pages. #BO1000A **\$6.95**

COMPLETE GUIDE TO LOCK PICKS

The major aspects of pin & disk tumbler locks, warded locks, lever & wafer tumbler locks. 75 pages including easy-to-follow drawings. #BO2000A **\$12.95**

COMPLETE LOCK PICKING VIDEO

A comprehensive 2 hour video with hundreds of actual, on-site trick techniques to get in any building, open any lock or safe and enter any car. VHS only. #VO6001A
List \$99.95 Our Price **\$89.95**

I & I SPORTS THAI PADS

Heavy 22 oz. vinyl shell, stuffed in the traditional manner. Tested by top instructors! 18"x11"x5-1/2". Black. #PO2150A **\$29.95**



THE FIGHTING MAN DUMMY

'Now a crescent kick, shin kick, or eye jab really means something with this 6 foot tall, human-like target!'



"SUPPLIER TO THE MARTIAL ARTS MASTERS"

I & I Sports Supply Co., Inc.

3840 CRENSHAW BLVD., Suite 108
Los Angeles, CA 90008

Name _____ Phone () _____
Address _____
City _____ State _____ Zip _____

QTY	ITEM#	DESCRIPTION	COST	TOTAL

\$9.50 for UPS 2 day air service
(Additional for heavy items)

3-4 week delay on personal check orders

SHIPPING CHARGES

MINIMUM ORDER \$20.

\$20. TO \$39.99 ADD \$3.50

OVER \$40. ADD \$4.00

CA 6.5% Tax

Shipping

Total

DEALER INQUIRIES WELCOME
MUST BE 18 TO PURCHASE ANY ITEM.

Signature _____

Date of Birth _____

I certify that I am of the legal age to purchase these items.

Features include:

- * Velcro 'mitten hands' will hold a gun, knife or stick.
- * Weighted feet prevent excess swaying when working out alone.
- * Arms can be set in a variety of positions.
- * Full neck, chin & nose give realistic targets for strikes.
- * Handles on the rear allow for effective two-man drills.
- * Manufactured entirely in the U.S., each unit is hand inspected and comes with a 1 year warranty against defects.
- * Includes the 'Man Dummy' video. List \$389.95 Intro Price **\$329.95**

Add \$25.00 for UPS ground delivery (\$90.00 for UPS 2 Day Air) in the continental U.S.

FIGHTING MAN DUMMY VIDEO

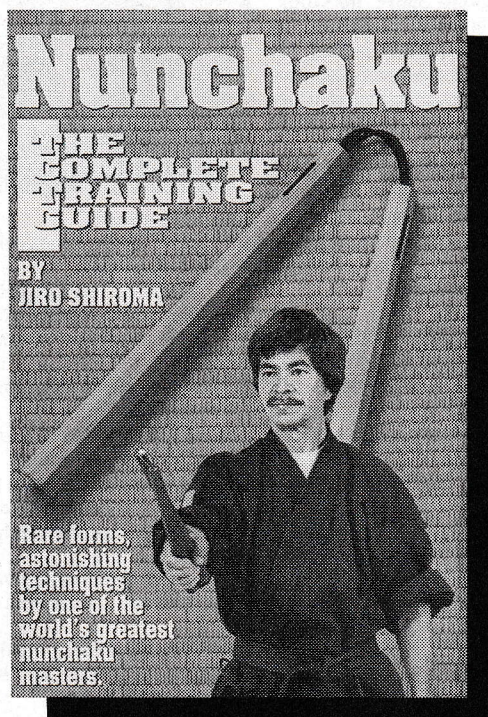
Ernie Franco, Larry Hartsell, Jeff Imada, Dan Inosanto, James Lew, Ted Lucaylucay and others use their expertise to display the variety of uses for the FIGHTING MAN DUMMY. 15 minutes. VHS only. #VI1000A **\$9.95**



Charge It! (213) 715-6800 FAX: (213) 715-6822



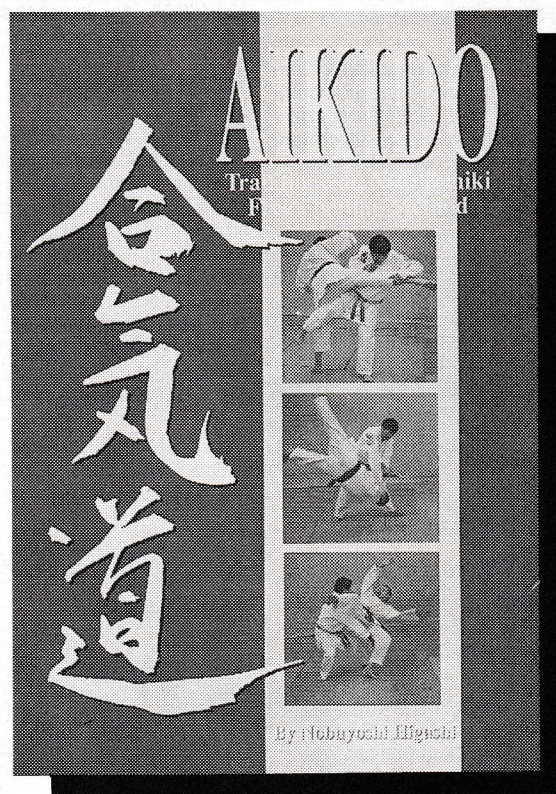
NEW BOOK RELEASES!!



The Nunchaku: The Complete Training Guide By Jiro Shiroma

When Japan invaded the Ryukyu Islands (Okinawa) in the 1600's, they confiscated the weapons of every inhabitant. All that remained for the people were farm implements and a wealth of empty-hand martial arts knowledge. When the Okinawans discovered these tools could be used as extensions of their hands, a fearsome fighting style was born. One of the most feared weapons was the nunchaku, traditionally used to pound grain and other brush. But placed in the hands of a trained practitioner, the lightweight nunchaku became a symbol of speed power. Nowhere can this seen more clearly than through the eyes of Jiro Shiroma, unarguably one of the most talented and exciting weapons practitioners on the scene today.

Code No. 121 **\$9.95**
6x9 0-86568-091-4



Aikido - Tradition and New Tomiki Free Fighting Method By Nobuyoshi Higashi

Aikido, the Japanese martial art designed to accomplish the maximum result with the minimum effort, is an ingenious method based on the laws of physics and anatomy. It is based on the philosophy of nonviolence and nonaggression. This is the most comprehensive volume on this unique system to date, and will be of infinite value to everyone, from beginner to advanced practitioner.

Code No. 319 **\$10.95**
7x10 0-86568-144-9

Please use order form
on page 89.

**UP UNIQUE
PUBLICATIONS**
4201 Vanowen Place
Burbank, CA 91505
(818) 845-2656

**FREE
NINJA
WEAPONS!
ORDER NOW!**

BUTOKUKAI OFFERS THE ONLY COMPLETE WEAPONS TRAINING COURSES AVAILABLE. EACH COURSE COMES WITH A COMPLETE HOME STUDY MANUAL AND FREE NINJA TRAINING WEAPONS. WHATEVER STYLE OF MARTIAL ARTS YOU PRACTICE, THESE COURSES WILL PROVE INVALUABLE FOR YOUR FURTHER ENJOYMENT OF THE ART.



BUTOKUKAI



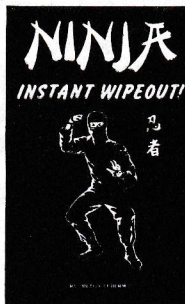
**FREE
3 THROWING
KNIVES**

KNIFE THROWING COURSE

The Ninja Knife Throwing Manual presents throwing as it is used in actual combat. This is the only modern authoritative text on Ninja knife throwing which exists today. Train safely with live opponents. Every facet of knife throwing is covered, from the selection of throwing knives, to carrying and concealment. Combat tactics, exploding, poison, flaming and blinding dust knives—everything that a modern Ninja needs to learn about knife throwing is contained in this well illustrated, easy to follow training manual.

NKTC \$9.95

NOT SOLD IN CANADA



**FREE
4" LONG NINJA
CHEN**

NINJA COURSE

A proven, instant self-defense system that will guarantee your ability to defend yourself against aggressors without going through years of formal martial arts training. In addition to the book *Ninja—Instant Wipeout!* you will receive two 4" long Ninja Chens. With the Chen concealed upon your person, no street, dark alley, subway, bus or inside your home attack should put you at a disadvantage. The Chen, except in Canada, is a perfectly LEGAL weapon.

NC2 \$9.95

NOT SOLD IN CANADA



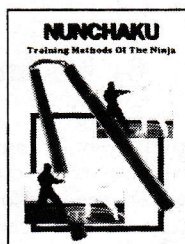
**FREE
NINJA STAR
&
PRACTICE STAR**

NINJA SHURIKEN COURSE

Information is authentic and accurate, taken from the teachings of the Ninja past/present. You will receive a copy of *Throwing the Ninja Star of Death*, a specially designed soft Ninja star, and a Ninja Shuriken. Learn the deadly art of Shuriken-jitsu from the Ninja, masters of weapons, espionage, and assassination. Instructions for manufacturing Shuriken and special Ninja training target. Throwing and hand-to-hand combat techniques are presented.

SC \$9.95

NOT SOLD IN CANADA



**FREE
FOAM PRACTICE
NUNCHAKU**

NINJA NUNCHAKU COURSE

Learn how the Ninja use the Nunchaku with the most effective techniques ever revealed. From basic maneuvers to advanced you will learn with accuracy the safe effective use of the Nunchaku. Blocking, striking and self-defense techniques are covered in the completely illustrated manual. Along with the manual, *Nunchaku, Training Methods of the Ninja*, you will receive a pair of shock absorbing foam padded practice Nunchaku.

NNUN \$9.95

NOT SOLD IN CANADA

THE FIRECRACKER COOKBOOK

Firecrackers are as American on the Fourth of July as hot dogs and Old Glory, but are banned in many communities for fire and safety reasons. It is a thorough, well written guide on how to safely make and use homemade firecrackers and other salutes, including triangle firecrackers, rocket aerial bombs, flashlight torpedoes and more. 8" x11, softcover, illustrated, 44 pages.

FP-2 \$8.00



PROFESSIONAL HOME MADE SALUTES

Don't throw away those old boxes and paper bags! With the aid of this book you can turn them into some great firecrackers, cherry bombs, thunderbolts and other salutes. Instructions for mixing powder, making cases from scrap cardboard and all other steps are clearly explained and illustrated with numerous photos. A must for every pyrotechnic library. 5" x8" softcover, 44 pages.

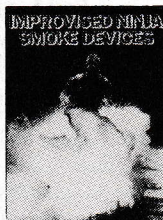
542 \$6.00



ADVANCED HOMEMADE FIREWORKS

Learn to safely make fireworks at home that really work. *Advanced Homemade Fireworks* covers in detail how to make skyrockets, pinwheels, roman candles, aerial bomb shells, fountains, cherry bombs & M-80's. Complete explanation of each chemical & its use makes the manufacture of homemade fireworks easy for even the novice. A must for anyone interested in homemade pyrotechnics.

B-103 \$8.00



IMPROVISED NINJA SMOKE DEVICES

At last, the secrets of manufacturing Ninja smoke devices is revealed. Learn the simple procedures for making smoke devices from readily available supplies. Sections on strategy and techniques tell how to evade the enemy, vanish into an exploding smoke cloud and create distractions. Complete step-by-step illustrations with many secrets never before printed and provides one more skill of the legendary Koga Ninja.

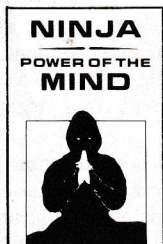
B-101 \$9.95



SECRET GUIDE TO MAKING NINJA WEAPONS

Learn the skill and secrets necessary to manufacture any Ninja weapon from Toshitora Yamashiro, Grandmaster of the Nine Shadows of the Koga Ninja. Draftsman quality drawings and step-by-step instructions that will allow you to make your own swords, knives, Shoge, blowguns, darts, Shuriken, Nunchaku and Tetsu-Bishi. All construction steps are simple and easy to follow, using hand tools and abundantly available materials.

B-102 \$9.95



NINJA POWER OF THE MIND

Grandmaster Toshitora Yamashiro for the first time discloses actual training methods for tapping the mystical forces within. Breathing techniques, meditation and the Kuji-kiri hand symbols are covered in detail. Ninja can learn to control animals, endure pain, heat, cold, turn invisible, read minds and stun or kill opponents with a touch, a shout or even a look. 5" x8", softcover, illustrated.

B-104 \$9.95



DEADLY WEAPONS OF THE KOGA NINJA

The Ninja have been weapons-masters for centuries. Learn from the Ninja of the modern day how to master every form of Ninja weaponry, past and present, from swords to firearms. Train as the Ninja train. Fight as the Ninja fight. 18 major classes and types of weapons are covered. Ninja techniques strategies and tricks never before revealed are disclosed by Toshitora Yamashiro, Grandmaster of one of the true Koga Ninja clans of Japan.

B-100 \$8.00

BUTOKUKAI

P.O. Box 430, Dept. IKF 2-90
Cornville, AZ 86325

NAME			
ADDRESS			
CITY			
STATE		ZIP	
CREDIT CARD NO.			
EXP.	SIGNATURE		
QTY.	STOCK NO.	U.S. FUNDS	TOTAL
WE ACCEPT MONEY ORDERS, CHECKS, S&H MASTERCARD OR VISA, NO C.O.D.'S.			\$3.00
(602) 634-6280			TOTAL

Training Tricks for Taiji Form Practice

Eliminate your weakness and accentuate your strength with these taiji training tips.

By Michael Babin

As one of the internal martial arts, taiji (tai chi chuan) can be difficult to fathom at all levels. This is especially true for those who have come from "hard" or sport martial arts styles which feature an emphasis on strength, speed, technique and competition as opposed to yielding, slowness, principles and self-development/defense.

The following training "tricks" can help create an awareness of the unique aspects of taiji form practice. They can be used to help practitioners pay attention while training. Being "forced" to pay attention can create a physical/mental climate conducive to deeper understanding on a gut (*tan tien*) level.

It can be difficult to see ourselves as we really are; however to "reform" your posture through taiji you must first experience your posture as it is *now*.

To get a "feel" for your posture, you need a full-length mirror and the assistance of a friend. Stand in front of a mirror and, without having first examined your reflected image, close your eyes. You should be wearing skin-tight exercise clothing or a bathing suit so that you cannot "hide" behind the material.

With eyes still closed, assume the posture central equilibrium from the beginning of your form. Breathe naturally a few times then open your eyes and look in the mirror.

If you're like many people, you either have avoided looking in mirrors or have not really seen yourself as you are. Look beyond the external cosmetic aspects like the shape of your hips or the protruding belly, although these also should tell you something about yourself.

Despite having attempted the posture appropriate to the style of taiji you are learning, is your head tilted back? Does your chin

aggressively jut forward? Does your head lean to one side? Is one shoulder higher than the other? Do you lean forward, back or to one side? Is one hip higher than the other? Do you throw more weight on one leg than the other? Do you stand on the balls of your feet

"If you try to force the process, you'll get quicker results but may also face months of pain."

—The author

or lean back on your heels? Do your feet and knees splay in or out? How is your general alignment? Do you look tense or relaxed, posed or slumped?

As a future reference, you could have a friend take your photo at the instant you open your eyes (before you can "correct" whatever postural mistakes you suddenly become aware of), preferably from the front and in profile. Repeating the exercise and creating a photographic record at regular intervals (i.e., every three months) can give you a permanent visual history of how your posture changes — if it does — as your understanding of yourself and your taiji practice evolves.

You can repeat the process for any of the postures from your form, although as "static" images they won't be completely accurate in terms of how you are when *moving* through the form.

As a means of postural re-integration, taiji should *gently* lead you first to be *aware* of

how you usually are and then slowly lead you into being more "correct" in terms of how you stand, sit and exist. Is there really any benefit to your practice if your posture is only relaxed, true to the principles stated in the Classics and efficient when you are doing form? Shouldn't the practice of taiji eventually lead to your posture being as it should even when you aren't concentrating.

This is usually a long-term process, except possibly for an exceptionally talented few. If you spent years (as I did) walking with your head tilted to one side, one shoulder higher than the other and the weight of my body unequally distributed onto the outside edges of my feet, you won't undo it overnight.

If you try to "force the process" you may get quicker results but you may also have months of pain as your body protestingly adjusts to being comparative and suddenly obliged to act "unnaturally."

Slow and even movement

If you have difficulty slowing down and doing the form in the required time (15-to-20 minutes for long form; five-to-ten minutes short; three-to-five simplified), use a timer. I recommend an electronic model; they are generally more accurate and beep loudly so you can't miss the signal.

To begin, do the form when you are at home and check the time when you are done. Don't despair if you did long form and are horrified to learn that it only took eight minutes.

The next time you practice set the timer to ring at the nine-minute mark. If you finish before the alarm goes, try again on subsequent days/sessions. At some point, you will "beat the clock," then increase the time to ten

minutes and go for that.

In this way, you can gradually build to doing the form slowly enough to always end at approximately the time the alarm sounds. Once you can do so with reasonable consistency, you don't need the timer.

Paying "attention"

It can be difficult to get into that timeless "flow" of mind interacting naturally with the body as you do form. One way of learning to pay "attention" is the use of the audio tape to accompany your form practice.

You can either purchase a suitable tape (i.e., readings of the Taoist/Taiji Classics) or record your favorite translations of the Taiji Classics and play them while you do the form. The sound level should be loud enough to hear clearly but not be overwhelming. However, doing taiji form in a noisy environment is, by itself, an exercise in "paying attention." It's easy to be in a meditative state of mind when practicing alone in a park, but more of a challenge when in the "real" world. If your taiji only works under ideal conditions, can it have any real value?

You should have a fundamental grasp of the mechanics of your form so that you don't have to constantly divide your attention between remembering where your feet go and what you're listening to. This process is *not* simply creating a pseudo-Oriental atmosphere for your practice or providing appropriate background sound. It is a means of focusing your attention on the theoretical/philosophical roots of the art as you do its physical "expression" — the movement of mind and body.

Not surprisingly, it is difficult to blend *listening* attention with *movement* attention without detracting from either aspect. Taiji, as a means of allowing true relaxation, increases awareness of your environment and the moment.

Form practice should not be seen as a means of tuning out, of deadening the senses and creating an auto-suggestive trance state. If you are an instructor and are using or considering using tapes as background accompaniment to practice, some consideration should be paid to the occasional student who feels this kind of training aid — when it involves the philosophical readings — may be a form of subliminal brainwashing. Not all students of taiji want or are willing to accept the Taoistic basis as being valid for them for either personal or religious reasons. Using tapes can also be a means of experiencing how musical rhythms affect us. Try playing loud rock music when you do forms. You probably find that you speed up your pace, no matter how slow you try to go. Conversely, playing gentle music or environmental sounds will help manage your speed.

Conclusion

These exercises are simple but useful for exploring the solo aspect of taiji training no matter what style you practice.



About the Author: Michael Babin is an Ontario, Canada-based martial artist and free-lance writer.



James Lew "The Dragonmaster" presents the ultimate training device. . .

The Fighting Man Dummy!

Standing over six feet tall and weighing in at just under 100 lbs., the Fighting Man Dummy is a worthy opponent even for the likes of 'The



Dragonmaster'!
"This is the finest training bag I've found to

perfect my kicks and punches!"

His hands will hold a gun, knife, stick or any similar weapon and his arms can be positioned. Additionally, both feet are weighted to prevent excess sway when working out alone.



"I am particularly impressed with the quality construction of this unit

and its durability to hold up even under my daily workouts."

Also a plus are the rear handles on the Fighting Man which allow for realistic two-man drills. The full head complete with chin, nose and neck allow for the development of pin-point accuracy.

#PM1000A \$329.95

Add \$25.00 for UPS ground delivery (\$90.00 for UPS 2 Day Air) in the continental U.S.

The Fighting Man Dummy Video

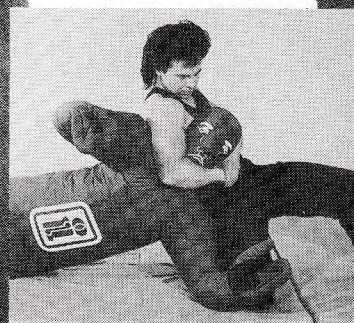
A 15 minute video on this revolutionary training device. Ernie Franco, Larry Hartsell, Jeff Imada, Dan Inosanto, James Lew, Steve Nakamura, Ted Lucaylucay, Don Neilson & others use their expertise to display the variety of uses for the Fighting Man Dummy.

#VI1000A \$9.95 (Free with purchase of the Fighting Man Dummy).



I & I Sports Supply Co., Inc.
1524 West 178th Street, Dept. DM
Gardena, CA 90248-3293

Order by Phone and Charge it!
(213) 715-6800



"I would recommend this unit to all serious martial artists!"

- James Lew

[illegible]

SOLD OUT

[illegible]

Please complete order form and send check or money order to:

Mantis Supplies Co.
4201 Vanowen Place
Burbank, California 91505

Signature as it appears on your credit card:

[illegible]

Shipping & Handling: 1 Book—\$1.50; 2-3 books—\$2.00; 50¢ for each additional book. **Avoid delay:** Please include shipping and handling cost in your order for our protection and for better service. **Do not send cash** through the mail. Make checks payable to: **Mantis Supplies Co.** Allow 30 day delay on **personal check** clearance. No personal checks accepted over \$25.00, please send money order or certified check. Use money order or certified check to avoid delay. All prices subject to change. C.O.D.'s not acceptable. **Foreign countries:** Please submit international money order or bank draft payable in U.S. funds. Add \$2.00 for first item plus 75¢ for each additional item for postage and handling.

Subtotal	
Shipping & Handling	
Total	

Best to Judge Houston from a Distance

By Dave Cater

"People ask you for criticism, but they only want praise."

— W. Somerset Maugham

American kung-fu needs more people like Christophe Clark. Simply put, he could sell hype to Don King. You've heard of the jet stream? Meet the F-16 stream. He moves and shakes with such speed he leaves a vapor trail.

Spend enough time with the wushu instructor from Baltimore, Md., and you can't help but get caught up in his enthusiasm. It's the martial arts, man, the martial arts! That's where it's at. Dig it.

I got hit with Clark's pitch at the airport, a full 48 hours before the action was to commence at the United States National Chinese Martial Arts Competitions in Houston. Talk about being blindsided.

I had attended enough Chinese-style events to know what to expect from the four-day competition. Politics, politics, politics. And more politics. But Clark believed so fervently in what organizer Jeff Bolt was trying to accomplish that I was pulled into his draft like a motorcycle following an 18-wheeler.

Tell me it's going to be different, Christophe. Show me the light of a new kung-fu day. You shall see, Christophe said, opening the door to a waiting stretch limo. Prepare for the ride of your martial arts life. I leaned back and said, "Show me."

On the second day, I ran into Clark in the foyer of the spacious Wyndam Hotel, site of the event. He looked like he'd just lost his best friend and his dog on the same day. I knew the look; I had seen it hundreds of times before on the faces of promoters who followed their hearts instead of their heads. He discovered what we already knew; change comes slow to the Chinese mind—that is, when change comes at all. His hopes and dreams had been dashed by two days of cold-shower reality. His fall from the heights of optimism had been swift and hard. And no one was there to pick up the pieces.

No one wanted this event to succeed more than me. And not just because the magazine placed its name and reputation behind it. Kung-fu in this country stands at a critical stage. We lack heroes, we lack a driving force, we lack unity, we lack all the intangibles that someone like Christophe Clark can offer.

These championships were to change all that. Put the old guard and young guns in a hotel for four days and behold the progress. Attract 300 of the country's best Chinese stylists and witness a forms and weapons explosion. Give America's top Chinese masters a forum for their talents and watch the sparks fly.

To its credit, the tournament delivered much of what it promised, attracting many of the most revered Chinese minds from around the world as well as some of the finest performers. At times we were treated to stunning masters' demonstrations and awe-inspiring feats of pure martial skill.

Trouble was, not everyone in attendance was looking for the bright spots.

"Seventy percent of the people came to Houston for the right reasons," Clark explained. "The other 30 percent were looking for something to go wrong."

And they looked hard and long, and eventually their efforts were rewarded. Judging was at the top of their list.

Despite judges meetings before and during the competition, the vast difference in scoring pointed to a clear misunderstanding of the system, and in many cases, styles being represented. During the northern shaolin competition, a student received a high score of 8.2 and a low score of 6.5. The judge posting the bottom score looked at his disagreeing counterpart with a confused look. "I scored him down," the judge said later, "because (the competitor) did a southern shaolin form."

And on more than one occasion, a judge was found scoring his own student.

"One of the important elements in a competition like this is that no Chinese loses face," noted Vancouver's Jon Funk, a well-respected judge. "Scoring is somewhat influenced by whose style is up in front of the judges at the time. There can be a reluctance to score based (solely) on skill."

"I expected this to happen," added Funk. "You have a room full of human beings and they are subject to the same emotions as anyone else."

Noted judge Dr. John Painter, "The judges came in here with high ideals, but some judges threw the rulebook away."

It would be easy to find fault with many



R E S U L T S

All-Around Internal Champions

Competitor	Points	From	Instructor
1. Al-Waalee Muhammed	27	Houston, TX	Not Listed
2. John Camp	26	Vancouver, B.C.	Not Listed
3. Ramel Rones	23	Boston, MA	Yang-Jwing Ming

The qualifications for receiving these honors were for the competitor to compete and place in at least 1 internal bare hand event, the soft style weapons event and a push hands event. Ten (10) points are given for a 1st place finish, nine (9) for a second place finish, etc. Al-Waalee Muhammed had a first place finish in the soft style weapons event, a second place finish in hsing-I and a third place finish in stationary push hands for a total of 27 points.

John Camp also deserves special recognition for second place as he finished first in other style tai chi, first place in push hands (both stationary and moving, middleweight) and fifth place in soft style weapons. John also tied for first place in the Yang's style tai chi event. However, only 1 internal bare hand form event is used for determining the all around champion.

Ramel Rones tied for second place in Yang's style tai chi, finished fourth in soft style weapons and fourth place in middleweight stationary push hands.

Special Recognition:

Bomani Magharibi	Houston, TX	Liang Shouyu
Russell Sauls	Shreveport, LA	Johnny Lee
Cherie Dijamco	Diamond Bar, CA	Li Jun Feng

Special recognition is also given to Bomani Magharibi who finished first in Chen's tai chi, paqua and hsing-I.

Russell Sauls finished second in Chen's tai chi, second in other tai chi (tied), third in soft style weapons, third in paqua and third in hsing-I.

For the women, Cherie Dijamco of Diamond Bar, California, performed very well in the women's category as she finished second in Yang's tai chi, first in Chen's tai chi and first in other tai chi.

Yang's Tai Chi

Competitor	Score	From	Instructor
(Men)			
1. Alex Kiesel (tie)	8.50	Boston, MA	Yang Jwing-Ming
John Camp (tie)	8.50	Vancouver, B.C.	Not listed
3. Andrew Chu (tie)	8.46	Davey, FL	Yee Pu/ Wei Lun Huang
Ramel Rones (tie)	8.46	Boston, MA	Yang Jwing-Ming
5. Al-Waalee Muhammed	8.43	Houston, TX	Not Listed
6. Chris Luth (tie)	8.40	San Diego, CA	Abraham Liu
Ming Liu (tie)	8.40	Aurora, CO	Sifu Chan, Lee, Liang, Wong, Wei
9. Andy James	8.23	Toronto, Ontario	Not listed
10. Oscar Salazar	8.16	Houston, TX	Jeff Bolt

(Women)

1. Terry Morgan	8.53	Coral Gables, FL	Wei Lun Huang
2. Cherie Dijamco	8.47	Diamond Bar, CA	Li Jun Feng
3. Adeera Muhammed	8.30	Houston, TX	Al-Waalee Muhammed
4. Marsha Rosa	8.00	Piscataway, NJ	Jou Tsung Hua

Chen's Tai Chi

Competitor	Score	From	Instructor
(Men)			
1. Bomani Magharibi	8.90	Houston, TX	Liang Shouyu
2. Russell Sauls	8.50	Shreveport, LA	Johnny Lee
3. Patrick Kelly	8.40	Montreal, Canada	Liang Shouyu
4. Kee Hong	7.60	Montreal, Canada	Andrea Falk, Sam Masich and Liang Shouyu

(Women)

1. Cherie Dijamco	8.40	Diamond Bar, CA	Li Jun Feng
-------------------	------	-----------------	-------------

Other Tai Chi

Competitor	Score	From	Instructor
(Men)			
1. John Camp	8.57	Vancouver, B.C.	Not Listed
2. Russel Sauls (tie)	8.50	Shreveport, LA	Johnny Lee
Al-Waalee Muhammed	8.50	Houston, TX	Not listed
4. Ming Liu	8.40	Aurora, CO	Sifu Chan, Lee, Liang, Wong, Wei
5. Joel Timmons	8.40	Sharon, PA	Nick Gracenin
6. Glen Guerin	8.37	Shreveport, LA	Johnny Lee
7. Eddie Owen	8.37	Keithville, LA	Johnny Lee
8. Gary lee	8.37	Bradenton, FL	Johnny Lee
9. Heinz Rottman	8.33	Calgary, Canada	Wang Fu Lai
10. Chris Moran	8.30	Bloomington, IN	Richard Peck

(Women)

1. Cherie Dijamco	8.60	Diamond Bar, CA	Li Jun Feng
-------------------	------	-----------------	-------------

Paqua

Competitor	Score	From	Instructor
(Men)			
1. Bomani Magharibi	8.70	Houston, TX	Liang Shouyu
2. Patrick Kelly	8.50	Montreal, Canada	Liang Shouyu
3. Russell Sauls	8.33	Shreveport, LA	Johnny Lee

Total Competitors

11 Men
0 Women

Hsing-I

Competitor	Score	From	Instructor
(Men)			
1. Bomani Magharibi	8.80	Houston, TX	Liang Shouyu
2. Al-Waalee Muhammed	8.60	Houston, TX	Not Listed
3. Peter Dinh	8.30	Boston, MA	Yang Jwing-Ming
4. Russel Sauls	8.20	Shreveport, LA	Johnny Lee
5. Joel Timmons	8.16	Sharon, PA	Nick Gracenin

Total Competitors

13 Men
0 Women

Soft Style Weapons

Competitor	Score	From	Instructor
(Men)			
1. Al-Waalee Muhammed	8.53	Houston, TX	Not Listed
2. Art D'Agostino	8.50	Tampa, FL	Chan Pui
3. Russell Sauls	8.46	Shreveport, LA	Johnny Lee
4. Ramel Rones	8.36	Boston, MA	Yang Jwing-Ming
5. John Camp	8.26	Vancouver, B.C.	Not Listed
6. Peter Dinh	8.26	Boston, MA	Yang Jwing-Ming
7. Don Russell	8.26	Houston, TX	Jeff Bolt
8. Oscar Salazar	7.93	Houston, TX	Jeff Bolt

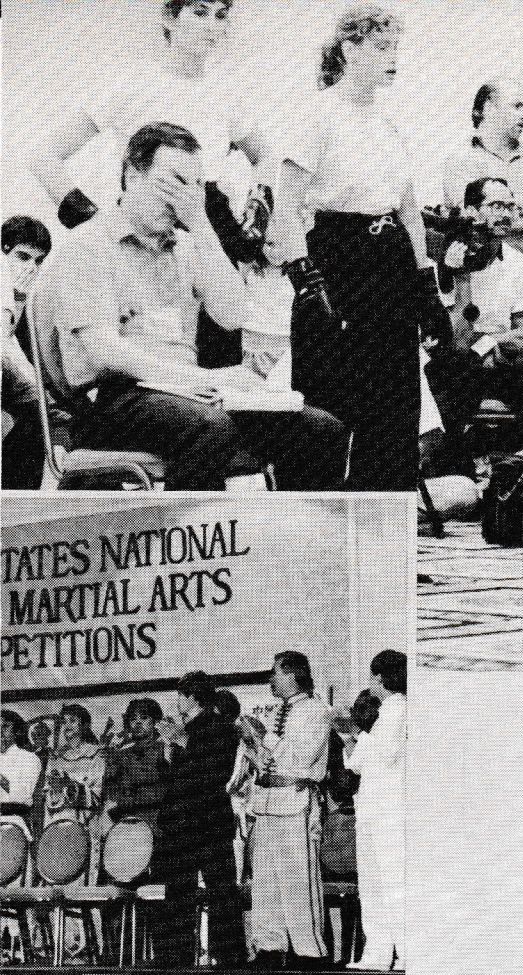
Total Competitors

15 Men
1 Women

Lightweight Moving Push Hands

Competitor	Score	From	Instructor
(Men)			
1. Charles Blodgett	8.00	Portland, OR	Fred King/ Gary Clyman
2. Heinz Rottman	8.00	Calgary, Canada	Wang Fu Lai

Continued on page 78



aspects of the tournament--the judging at times was suspect, the tourney was a bit too long, the cost (travel, hotel and entry fee) a bit prohibitive for many.

And no doubt Bolt, who actually turned a profit (he lost \$10,000 on his debut in 1986) will spend the next nine months addressing each and every complaint.

However, to fully judge this effort you must look at its long-term impact. Witness in the past few years the number of All-Chinese events around the country. Before Bolt dared to take a bold step, Chinese stylists were relegated to entering Korean or Japanese events.

Also, look who's talking to each other, rather talking *about* each other. There's mutual agreement, even if it's only to disagree. The goal is clear, even if some of the methods are a bit nebulous.

Ten years from now when they look back on this first "official" kung-fu championship, they won't remember the judging, or the money, or the extended hours. No, they'll see a beginning, a beginning of an era of unity.

"What I came away with," noted Clark, "was that (the tournament) was trying to unify and make the martial arts more stable...to secure the future of Chinese martial arts in this country and establish an American tradition."

You're not going to get a clear understanding of the event up close; like a painting it must be seen from a distance with an objective eye. Only then can you look past the obvious flaws and see Houston for what it truly was: a small step toward a giant leap in American kung-fu popularity.

3. Johnny Ortiz 7.90 Austin, TX Gary Stier/
John Wang

Total Competitors
4 Men
0 Women

Middleweight Moving Push Hands

Competitor	Score	From	Instructor
1. John Camp	8.40	Vancouver, B.C.	Not Listed
2. Chris Luth	8.30	San Diego, CA	Abraham Liu
3. Tom Otterness	8.20	New York, NY	William Chen
4. Chris Moran	8.20	Bloomington, IN	Richard Peck
5. Bill Stafford	8.10	Houston, TX	Jeff Bolt

(Women)

1. Kim Furry 7.90 Boulder, CO Mike Sigman
2. Susan Leonard 7.80 Dallas, TX Sam Chinn
3. Terry Morgan 7.60 Coral Gables, FL Wei Lun Huang
4. Cheryl Miller 7.50 Chicago, IL Gary Clyman

Total Competitors
10 Men
4 Women

Heavyweight Moving Push Hands

Competitor	Score	From	Instructor
(Men)			
1. Christophe Clark		Silver Spring, MD	Not Listed
2. Paul Ramos		Rockville, MD	Cristophe Clark
3. Gary Clyman		Chicago, IL	Not Listed
4. Eddie Owen		Keithville, LA	Johnny Lee

Total Competitors
8 Men
0 Women

Super Heavyweight Moving Push Hands

Competitor	Score	From	Instructor
(Men)			
1. Dale Ward	8.20	Ranson, WVA	Not Listed
2. Steven Conner	8.20	Frisco, TX	Sam Chinn
3. Daniel Leonard	8.10	Dallas, TX	Sam Chinn
4. John Bernazzoli	8.10	Hollywood, FL	James Cravens

Total Competitors
4 Men
0 Women

Lightweight Stationary Push Hands

Competitor	Score	From	Instructor
(Men)			
1. Daniel Zal	8.20	Schenectady, NY	Yang Jwing-Ming
2. Charles Blodgett	8.10	Portland, OR	Fred King/ Gary Clyman
3. Heinz Rottman	8.00	Calgary, Canada	Wang Fu Lai
4. Johnny Ortiz	7.90	Austin, TX	Gary Steir/ John Wang
5. Bing Lee	7.80	Glenwood Springs, CO	Not Listed

Total Competitors
5 Men
0 Women

Middleweight Stationary Push Hands

Competitor	Score	From	Instructor
(Men)			
1. John Camp	8.20	Vancouver, B.C.	Not Listed
2. Chris Moran	8.10	Bloomington, IN	Richard Peck

3. Philip Chao 8.10 Overland Park, KS Henry Wang
4. Ramel Romes 8.00 Boston, MA Yang Jwing-Ming
5. Chris Luth 8.00 San Diego, CA Abraham Liu

(Women)

1. Susan Leonard 7.80 Dallas, TX Sam Chinn
2. Carolyn Mills 7.80 Boulder, CO Mike Sigman
3. Katherine Robertson 7.70 Dallas, TX Sam Chinn
4. Cheryl Miller 7.50 Chicago, IL Gary Clyman
5. Louisa Higginbotham Injured Mobile, AL Liu Xiang Yang

Total Competitors
16 Men
10 Women

Heavyweight Stationary Push Hands

Competitor	Score	From	Instructor
(Men)			
1. Alex Kiesel	8.10	Boston, MA	Yang Jwing-Ming
2. Andrew Chung	8.00	Davie, FL	Yee Pu/ Wei Lun Huang
3. Paul Ramos	8.00	Silver Spring, MD	Christophe Clark
4. Gary Clyman	7.90	Chicago, IL	

Total Competitors
14 Men
2 Women

Super Heavyweight Stationary Push Hands

Competitor	Score	From	Instructor
(Men)			
1. Dale Ward	8.00	Ranson, WVA	Not Listed
2. Steven Conner	7.80	Frisco, TX	Sam Chinn
3. Al-Waalee Muhammed	7.80	Houston, TX	Not Listed
4. John Bernazzoli	7.40	Hollywood, FL	James Cravens

Total Competitors
4 Men
0 Women

All-Around External Events Champions

All-Around Forms Champions

The following competitors are ranked in order of the total points earned by placing high in at least 1 bare hand event and 2 weapons events.

Competitor	Points	From	Instructor
(Men)			
1. Javonne Holmes (tie)	29	Boston, MA	Not Listed
Hung Stewart (tie)	29	Silver Spring, MD	Tai Yim
3. Patrick Kelly (tie)	25	Montreal, Canada	Liang Shouyu
Wil Allen (tie)	25	Tempe, AZ	Li Jin Heng
5. Greg Walraven (tie)	20	Trenton, NJ	Leon Trescott
Woody Wong (tie)	20	Alhambra, CA	Eric Chen
7. Jason Ming Yee	17	Boston, MA	Not Listed
8. Gerald Klein	16	Wheaton, MD	Tai Yim
9. Leon Trescott	11	Trenton, NJ	James Redway/ Hidei Kauakabo

(Women)

1. Cheryl Vanatsky 29 Sharon, PA Nick Gracenin

All-Around External Events Grand Champion

Competitor	From	Instructor
1. Javonne Holmes	Boston, MA	Not Listed

Javonne not only finished first (tied) for the all around forms championship but also finished first in the Men's Lightweight Free Sparring competitions. Out of nearly 70 male fighters, Javonne Holmes was 1 of only 5 competitors who qualified for the finals

by receiving a preliminary score of over 8.0. No fighter could proceed to the finals unless he received an "Advanced" rating by the judges.

All-Around Competitor Recognition Award

Competitor	From	Instructor
Patrick Kelly	Montreal, Canada	Liang Shouyu

Special recognition is also given to Patrick Kelly who not only tied for third place for all-around forms champion, but also competed in the free sparring events. In addition to his superb showing in the external events, Patrick also placed third in the Chen's tai chi division and second in paqua.

Traditional Northern Bare Hand

Competitor	Score	From	Instructor
(Men)			
1. Art D'Agostino	8.80	Tampa, FL	Chan Pui
2. Wen-Ching Wu	8.73	Boston, MA	Yang Jwing-Ming
3. John Cheng	8.63	Marshall, TX	Raymond Fogg
4. Russell Sauls	8.63	Shreveport, LA	Johnny Lee
5. George Kee	8.60	Orlando, FL	Chan Pui
6. Peter Dinh	8.57	Boston, MA	Yang Jwing-Ming
7. Mike Wiederhold	8.50	Boston, MA	Yang Jwing-Ming
8. Tommy Ngyuen	8.33	Dallas, TX	Jimmy Wong
9. Tracy Flemming	8.33	Richmond, VA	Chan Pui
10. John Loupos	8.30	Cohasset, MA	Chan Pui

Total Competitors
6 Teen/Children
13 Women
70 Men
No women qualified for finals!

Long/Short Hand

Competitor	Score	From	Instructor
(Men)			
1. Hung Stewart	8.73	Silver Spring, MD	Tai Yim
2. Pedro Cepero	8.60	W. New York, NJ	Frank Yee
3. Jai Hyung Yu	8.57	Che Chun, R.O.K.	Sifu Cheng
4. Tony Franco	8.53	Westfield, NJ	Frank Yee
5. Calvin Jones	8.50	Gaithersburg, MD	Tai Yim
6. Gerald Klein	8.43	Wheaton, MD	Tai Yim
7. Brian Ahern	8.43	Scranton, PA	Mark Seidel/ Yang Jwing-Ming
8. Jason Ming Yee	8.40	Boston, MA	Not Listed
9. Linh Vien Thai	8.37	Silver Spring, MD	Tai Yim
10. Leon Trescott	8.23	Trenton, NJ	James Redway/ Hedei Kauakabo

(Women)

1. Stephanie Dea 8.50 Potomac, MD Deric Mimms

Total Competitors
6 Teen/Children
3 Women
47 Men

Southern Short Hand

Competitor	Score	From	Instructor
(Men)			
1. Andrew Chung	8.77	Davie, FL	Yee Pu/ Wei Lun Huang
2. Wen-Ching Wu	8.50	Boston, MA	Yang Jwing-Ming
3. Floyd Lifton	8.47	New York, NY	Ken Lo

Total Competitors
0 Teen/Children
1 Women
9 Men

Wushu Long Fist

Competitor	Score	From	Instructor
(Men)			
1. Patrick Kelly	8.92	Montreal, Canada	Liang Shouyu
2. Javonne Holmes	8.82	Boston, MA	Not Listed
3. Woody Wong	8.74	Alhambra, CA	Eric Chen
4. Wil Allen	8.70	Tempe, AZ	Li Jin Heng
5. Mark Batt	8.54	Mobile, AL	Chee Kim Thong
6. Greg Walraven	8.60	Trenton, NJ	Leon Trescott
7. Son Ok Cho	8.46	Songtan, R.O.K.	Sifu Cheng
8. Michael Denler	8.43	Shreveport, LA	Johnny Lee
9. Chan Dae Pak	8.36	Songtan, R.O.K.	Sifu Cheng
10. Thomas Dorney	8.24	Jamaica Plain, MA	Nick Gracenin/ Yao Li
(Women)			
1. Debbie Seefelt	8.52	Scottsdale, AZ	Yu Shaowen
2. Cheryl Vanatsky	8.02	Sharon, PA	Nick Gracenin

Total Competitors
8 Teen/Children
2 Women
12 Men

Open Bare Hand

Competitor	Score	From	Instructor
(Men)			
1. Javonne Holmes	8.83	Boston, MA	Not Listed
2. Patrick Kelly	8.80	Montreal, Canada	Liang Shouyu
3. Wil Allen	8.67	Tempe, AZ	Li Jin Heng
4. Greg Walraven	8.63	Trenton, NJ	Leon Trescott
5. Michael Denler	8.60	Shreveport, LA	Johnny Lee
6. John Cheng	8.60	Marshall, TX	Raymond Fogg
7. Che Hon No	8.54	Songtan, R.O.K.	Sifu Cheng
8. Leon Trescott	8.50	Trenton, NJ	James Redway/ Hidei Kauakabo
9. Bill Stafford	8.43	Houston, TX	Jeff Bolt
(Women)			
1. Cheryl Bussart	8.43	Shreveport, LA	Johnny Lee
2. Cynthia Humphrey	8.43	Shreveport, LA	Johnny Lee

Total Competitors
5 Teen/Children
2 Women
21 Men

Staff

Competitor	Score	From	Instructor
(Men)			
1. Javonne Holmes	8.53	Boston, MA	Not Listed
2. Hung Stewart	8.53	Silver Spring, MD	Tai Yim
3. Pedro Cepero	8.40	W. New York, NJ	Frank Yee
4. Gerald Klein	8.30	Wheaton, MD	Tai Yim
5. Albert Caballero	8.23	Houston, TX	Wallace Cupp
6. Greg Walraven	8.23	Trenton, NJ	Leon Trescott
7. Brian Ahern	8.20	Scranton, PA	Mark Seidel/ Yang Jwing-Ming
8. David Mazzie	8.07	Lake Jackson, TX	Robert Roy
9. Mark Steele	8.00	Dallas, TX	Jimmy Wong
10. Floyd Lifton	8.00	New York, NY	Ken Lo
(Women)			
1. Cheryl Vanatsky	8.07	Sharon, PA	Nick Gracenin
2. Pi-Gi Brite	7.70	Dallas, TX	Jimmy Wong

Total Competitors
6 Teen/Children
3 Women
42 Men

Spear

Competitor	Score	From	Instructor
(Men)			
1. Art D'Agostino	8.80	Tampa, FL	Chan Pui
2. Andrew Hartono	8.80	Scottsdale, AZ	Yu Shaowen/ Li Jen Heng
3. Woody Wong	8.67	Alhambra, CA	Eric Chen
4. Jason Ming-Yee	8.57	Boston, MA	Not Listed
5. John Cheng	8.53	Marshall, TX	Raymond Fogg
6. Patrick Kelly	8.50	Monteral, Canada	Liang Shouyu
7. Gerald Klein	8.33	Wheaton, MD	Tai Yim
8. Joel Timmons	8.23	Sharon, PA	Nick Graceni
9. Jesse Vaughn	8.07	Deland, FL	Chan Pui
10. Leon Trescott	7.80	Trenton, NJ	James Redway/ Hidei Kauakabo

Total Competitors
2 Teen/Children
1 Women
22 Men

Straight Sword

Competitor	Score	From	Instructor
(Men)			
1. Patrick Kelly	8.78	Montreal, Canada	Liang Shouyu
2. Ramel Rones	8.63	Boston, MA	Yang Jwing-Ming
3. Joel Timmons	8.28	Sharon, PA	Nick Gracenin
4. Leon Trescott	8.20	Trenton, NJ	James Redway/ Hidei Kauakabo
(Women)			
1. Debbie Seefelt	8.54	Scottsdale, AZ	Yu Shaowen

Total Competitors
2 Teen/Children
1 Women
9 Men

Broadsword

Competitor	Score	From	Instructor
(Men)			
1. Hung Stewart	8.65	Silver Spring, MD	Tai Yim
2. Wil Allen	8.63	Tempe, AZ	Li Jin Heng
3. Greg Walraven	8.56	Trenton, NJ	Leon Trescott
4. George Kee	8.54	Orlando, FL	Chan Pui
5. Son Ok Cho	8.50	Songtan, R.O.K.	Sifu Cheng
6. James Au	8.46	Baltimore, MD	Anthony Goh
7. Woody Wong	8.46	Alhambra, CA	Eric Chen
8. Ramel Rones	8.46	Boston, MA	Yang Jwing-Ming
9. George Klein	8.46	Wheaton, MD	Tai Yim
10. Tommy Nguyen	8.38	Dallas, TX	Jimmy Wong
(Women)			
1. Cheryl Vanatsky	8.26	Sharon, PA	Nick Gracenin
2. Cheryl Bussart	8.23	Shreveport, LA	Johnny Lee

Total Competitors
9 Teen/Children
5 Women
32 Men

Open Weapon

Competitor	Score	From	Instructor
(Men)			
1. Tracy Fleming	8.70	Richmond, VA	Chan Pui
2. Javonne Holmes	8.67	Boston, MA	Not Listed
3. Wil Allen	8.63	Tempe, AZ	Li Jin Heng
4. Jason Min Yee	8.60	Boston, MA	Not Listed
5. Sean Cochran	8.57	Orlando, FL	Chan Pui
6. Wen-Ching Wu	8.53	Boston, MA	Yang Jwing-Ming
7. Thomas Dorney	8.50	Jamaica Plain, MA	Nick Gracenin/ Yao Li
8. Andrew Hartono	8.47	Scottsdale, AZ	Yu Shaowen/ Li Jin Heng
9. Patrick Kelly	8.43	Montreal, Canada	Liang Shouyu
10. John Loupos	8.13	Cohasset, MA	Chan Pui

(Women)

- Stephanie Dea 8.53 Potomac, MD Deric Mimms
- Cori Ertha 8.47 Boston, MA Yao Li

Total Competitors
2 Teen/Children
4 Women
37 Men

Group Barehand

- Wah Lum Kung-Fu School (Instr. Chan Pui) 8.20
- South Africa Team (Instr. Leo Sebrech) 7.60

Group Weapon

- South Africa Team (Instr. Leo Sebrech) 7.80

Choreographed Sparring Sets

Competitor	Score	Instructor
(Men)		
1. George Kee, Jesse Vaughn, Sean Cochran	8.56	Chan Pui
2. Hung Stewart & Linh Thai	8.54	Tai Yim
3. Michael Reighard & Tommy Nguyen	8.36	Jimmy Wong
4. Chan Dae Pak & Che Hon No	8.30	Republic of Korea
5. Peter Dinh & Wen-Ching Wu	8.23	Yang Jwing-Ming

Total Sparring Sets
25 Groups

Lightweight Sparring

Competitor	Score	From	Instructor
(Men)			
1. Javonne Holmes	8.70	Boston, MA	Not Listed
2. Jai Hyung Yu	8.50	Che Chun, R.O.K.	Sifu Cheng
3. Floyd Lifton	8.23	New York, NY	Ken Lo
4. James Au	8.20	Baltimore, MD	Anthony Goh

Note: Only these 4 qualified for the finals

Total Competitors
9 Men

Middleweight Sparring

Competitor	Score	From	Instructor
(Men)			
1. Son Ok Cho	8.00	Songtan, R.O.K.	Sifu Cheng

Note: Only this 1 person qualified for the finals

Total Competitors
34 Men
5 Women

Heavyweight Sparring

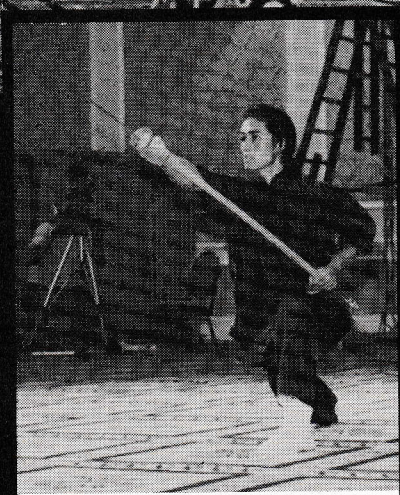
Note: No competitors qualified for the finals in this weight category

Total Competitors
23 Men
2 Women

Super Heavyweight Sparring

Note: No competitors qualified for the finals in this weight category

Total Competitors
4 Men
0 Women



Behind the Scenes in Houston

Notes and quotes from Houston:

At Long Last!

Ken Lo of Vancouver, B.C., Canada, had all but given up hope of finding brother students who had trained under his sifu in China. But during a casual conversation with sifu Leo Sebrech, coach of the South African contingent, it was discovered the two share the same lineage.

* * *

Quote of the Tournament 1: "We're not talking about win or lose, we're talking about principles." — South African team leader James Van Blerk after his team traveled 15,000 miles, only to face each other in the first round of sparring.

* * *

By Hook or Crook

It took every cent he had, but instructor Tony Brown of Norway was going to bring top student Tjeen Stregre to the kung-fu nationals. Although a native of California, Brown has spent the majority of his life in Norway. Stregre could hardly hide his excitement; this was his first trip out of his native Norway.

Brown, who competed despite having just one arm, was hoping to take new techniques and training strategies back to an area of the world he says is "closed" to kung-fu. "We're so closed to everything over there," noted

Brown, who fared well in both the sparring and broadsword divisions. "Kung-fu can play an important part in our cultural growth."

* * *

Quote of the Tournament 2: "As they say in Waco, they better get their (bleep) together." — One disgruntled judge after the first day of competition.

* * *

Sign of the Times

In response to a chorus of boos and jeers, judge Brendan Lai halted competition, headed for the microphone and tried to explain the rules. "This is not like a karate tournament," Lai insisted. "We're trying to follow kung-fu rules." Actually, that's what confused everyone in the first place.

* * *

Keeping it Together

Despite the length of the event in terms of both days and hours, this reporter found the registration and administrative ends as professional as any in martial arts history. All the credit should go to Jan Watson, a student of organizer Jeff Bolt, for keeping the show in smooth running order. While she looked a bit weathered at the end (who didn't?), her highly professional demeanor, even in the face of mounting pressure, was admirable.

* * *

Quote of the Tournament 3: "The only way to grow is to make the martial arts realistic." — John Wang of the American Combat Shuai Chiao Association.

* * *

One of the true honored guests at the championships was wing chun master Wang Kiu, an original senior student of the great Yip Man. The 66-year-old stylist, who lives in Holland, said that after a few rough years, wing chun is healthy again and ready for renewed growth around the world.

"People cannot put themselves above wing



chun," he insisted. Fighting among themselves is no way to settle disputes, he added. "All other martial arts don't use this way to settle things . . . that's the kind of fight you can never win."

One of the few masters around who trained with Yip Man during his early years, Kiu said the grandmaster "had tough hands . . . definitely hard to hit."

* * *

Quote of the Tournament 4: "They came in here with high ideals but some judges threw the rulebook away." — *Internal Arts* magazine editor Dr. John Painter.

* * *

Big Event?

Despite a less-than-successful trip, in part because his fighters beat each other up in the first round of sparring, South African team leader James Van Blerk is going ahead with plans to host an international kung-fu/wushu tournament in late 1991 or 1992. "We have the facilities and sponsors to stage such an event," Van Blerk noted.

* * *

Boys from Brazil

Big winner Javonne Holmes and impressive James Yee returned from a stay in Brazil to attend the event. Holmes is among the few point circuit performers who attended the national event. Another was former East Coast resident Cori Ertha. She now lives in Houston.

* * *

Film at 11 and 12 and . . .

RGB Media of Houston was in charge of taping the tournament. It was certainly a gamble. Before the first tape was sold, the video company had spent \$14,000. Equipment included three stationary and three hand-held cameras, with two cameras covering each ring. Available now (see advertisement in this issue), the tape features the highly impressive masters' demonstrations, the finals, as well as interviews

with martial arts celebrities.

* * *

Behind Closed Doors

While the International Shuai Chiao Association was represented by second vice president John R. Allen, much of the shuai chiao discussion concerned forming a new organization in the United States. In fact, don't be surprised to see much of grandmaster Gene L. Chicoine's organization split by spring.

Chicoine, who has angered some by his my-way-or-the-highway approach, has lost much of his support for refusing to teach forms. "In some ways he is the grandmaster," admitted John Wang of Austin, Texas, who's pushing the split. "In terms of combat he's more qualified."

Then what's the beef? Simple. It's a Chinese organization, 97 percent of its members are Chinese, and Chicoine is Caucasian. Get the picture?

* * *

Quote of the Tournament 5: "Scoring is somewhat influenced by whose style is up in front of the judges." — Judge and praying mantis stylist Jon Funk.

* * *

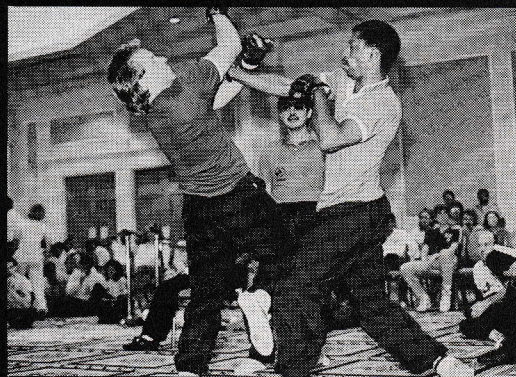
International Flavor

Martial artists from all over the world came to Houston for this historic event. Countries represented included: the Republic of China, the Netherlands, South Africa, Canada, Italy, Ireland and Norway.

* * *

And finally, this short story: If you match one Chinese martial artist against one Japanese martial artist, the Chinese stylist will win because his techniques are better. But if you match three Chinese stylists against three Japanese martial artists, the Japanese will win because the Chinese will go in different directions.

— Dave Cater



4 Living Legends of Kung Fu 2 Hour Training Video



GRAND MASTER P. CHAN

Wah Lum Northern Chinese Praying Mantis
Tan Tui style

3 Forms

MASTER BRENDEN LAI

7 Star Praying Mantis

3 Forms

MASTER ADAM HSU

Pa Chi Kung Fu - Chen Style Tai Chi
SAN TS'AI CHIEN SWORD

MASTER DOC-FAI WONG

Choy Li Fut Kung Fu Yang Style Tai Chi
Pushing Hands Yang Style Tai Chi Sword

FORMS AND APPLICATIONS

You will see and learn 8 rare forms and applications shown and explained by each Master.

WEAPONS AND APPLICATIONS

Long Handle 9 Ring Broad Sword

By Grand Master P. Chan

SAN TS'AI CHIEN SWORD

By Master Adam Hsu &

Buddhist Knives & Yang Style Tai Chi Sword

MASTER DOC-FAI WONG

TAI CHI CHUAN

Chen and Yang Styles with applications

By Master Adam Hsu &
MASTER DOC-FAI WONG

PUSHING HANDS WITH APPLICATIONS

2 MAN FORMS

2 Man Empty Hand Form. Staff vs Sword.

CHI POWER

8 men weighing over 1200 lbs. trying to move one man unsuccessfully.

RW PRODUCTIONS

7154 N. University Drive, Suite 183, Tamarac, FL 33321

\$49.95 Plus \$2.50 Shipping & Handling

CREDIT CARD ORDERS TAKEN BY PHONE 7 DAYS, 24 HOURS A DAY
CALL 1-800-752-4671

TOLL FREE NUMBER IS FOR CREDIT CARD ORDERS ONLY.
CALLERS OUTSIDE THE U.S. DIAL 305-749-8085

NAME: (Print) _____

STREET: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: () _____

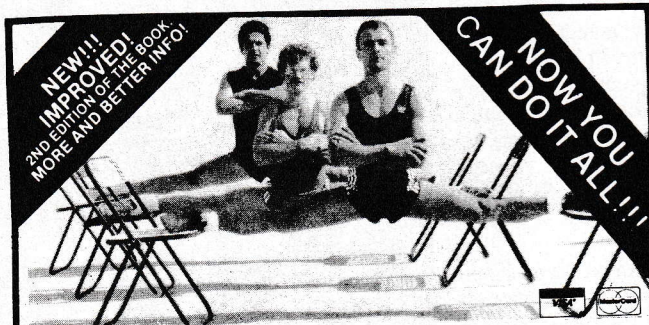
CREDIT CARD: ☐ VISA ☐ MC ☐ AM. EXP.

CREDIT CARD NUMBER: _____

EXPIRATION DATE: _____

SIGNATURE: _____

U.S. CURRENCY ONLY • NO C.O.D.'s • OUTSIDE U.S. ADD \$10 SHIPPING EACH VIDEO.



For information about seminars and instruction write to: Stadion Enterprises,
P.O. Box 6009, Cypress, CA 90630.

HIGH KICKS & SPLITS WITH NO WARM-UP! NO EQUIPMENT NEEDED!!!

Be a master kicker in a couple of months!!! Just dedicate 20 min. a day to using our method. Our exercises are improved versions of isometric stretches that in scientific studies have been shown to cause **267% GREATER INCREASE in flexibility** than any other method. The tape **Stretching Scientifically** shows the exercises that gave us the flexibility and strength displayed above... Knowing the theory (book) and practice (tape) **YOU WILL BE AN EXPERT!** Order now!!!
Stretching Scientifically-tape (color, 30 min.) **\$39.95** plus \$4.00 shipping (foreign \$6.00). Stretching Scientifically-book (6x9, 128 pages) \$11.95 plus \$1.50 shipping (foreign \$3.00). California residents add 6% sales tax (\$2.64 per tape, 71¢ per book). **Satisfaction guaranteed!**



STADION
ENTERPRISES
4141 Ball Rd. #165
P.O. Box 6009-B
Cypress, CA 90630

MONEY BACK
guarantee!
Write for **FREE** info!

Please send me the TAPE ☐, (VHS ☐, BETA ☐,
PAL ☐) BOOK ☐, Free Information ☐. Paid by
check ☐, money order ☐. U.S. funds only!

Name _____

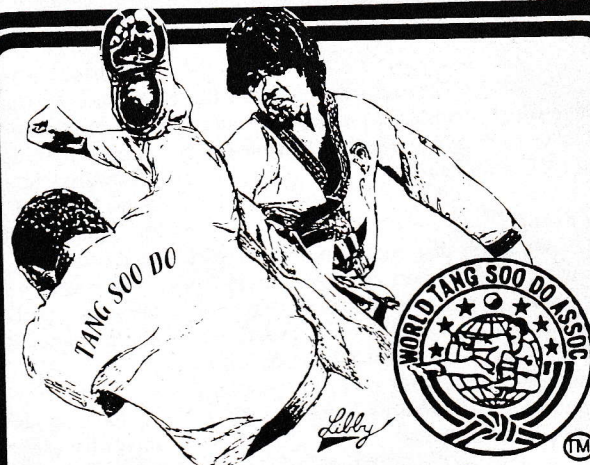
Street _____

City _____

State/Country _____ Zip _____

IKF 2-90

© 1987 STADION



WELT TANG SOO DO VEREINIGUNG

世界唐手道協會

ASOCIACION MUNDIAL DE TANG SOO DO

WORLD TANG SOO DO ASSOCIATION

세계당수도협회

ΠΑΓΚΟΣΜΙΟΣ ΣΥΝΔΕΣΜΟΣ TANG SOO DO

ASSOCIAZIONE MONDIALE DEL TANG SOO DO

Wereld Tang Soo Do Bond

World Tang Soo Do Association, Inc. 709 Oregon Ave.
World Headquarters Philadelphia, Pa. 19148

215-468-2121

THE NEW STANDARD IN PROTECTIVE EQUIPMENT

When FIST designs a new piece of equipment, it goes through a rigorous training system that tests its durability as well as its protective qualities. We don't just design protective equipment so we can sell it to you, we design equipment so it works. Our patent pending dual

padding system makes our equipment much more effective than single padding types.

We also make it to last, so you don't have to replace it if you really use it. Our standards are so high that we have become the new standard.



STILL THE MOST ADVANCED STAMINA BUILDING SYSTEM EVER DESIGNED.

Getting in shape, (real fighting shape), means more than just working out. It takes a special kind of training. The FIST™ Fighters Intensive Stamina Training equipment provides you with a new and revolutionary technique for getting in shape.

FIST™ martial arts equipment is the finest and most protective equipment ever devised. Its unique patent pending padding system comes in two different formats—FIST™ pads for a full contact experience or FIST™ sparring equipment, lighter and thinner allowing for freer motion. FIST™ helmets, made in three styles, are all completely adjustable and come with four removable pieces for unsurpassed versatility.



Credit card orders call 800-332-2535

<input type="checkbox"/> #100 Product description video	\$ 5.00	<input type="checkbox"/> #701 Full protection helmet	\$ 74.95
<input type="checkbox"/> #201 Forearm guard	\$ 29.95	<input type="checkbox"/> #702 Maximum protection helmet	\$ 79.95
<input type="checkbox"/> #202 Lower leg guard (step to knee)	\$ 34.95	<input type="checkbox"/> 700 helmets break down into 4 parts for multiple use	
<input type="checkbox"/> #300 One piece basic protection helmet	\$ 34.95	<input type="checkbox"/> #800 Body Shield	\$ 49.95
<input type="checkbox"/> #301 One piece full protection helmet	\$ 44.95	<input type="checkbox"/> #801 Kicking shield	\$ 29.95
<input type="checkbox"/> #302 One piece maximum protection helmet	\$ 54.95	<input type="checkbox"/> #804 Focus Pad	\$ 9.95
<input type="checkbox"/> #400 Stamina Chest protector	\$129.00	<input type="checkbox"/> #805 Double Sided Focus Pad	\$ 19.95
<input type="checkbox"/> #401 Stamina leg pads (each)	\$ 39.95	<input type="checkbox"/> #806 Heavy Duty Arm Pad (22" long)	\$ 29.95
<input type="checkbox"/> #402 Stamina arm pads (each)	\$ 34.95	<input type="checkbox"/> #807 Speed Arm Pad (9" x 15")	\$ 18.95
<input type="checkbox"/> #403 Custom carrying bag	\$ 39.95	<input type="checkbox"/> #808 Double Sided Speed Arm Pad	\$ 34.95
<input type="checkbox"/> #501 Thin padded leather workout gloves (pair)	\$ 18.95	<input type="checkbox"/> #809 Poking Arm Pad (21" x 10")	\$ 32.95
<input type="checkbox"/> #502 Fully padded fighting gloves (pair)	\$ 34.95	<input type="checkbox"/> #711 Replacement visor (for #700 series)	\$ 29.95
<input type="checkbox"/> #600 Fighting vest (for sparring)	\$ 79.00	<input type="checkbox"/> #414 Back protector for use with #400 & #600 vests only	\$ 79.95
<input type="checkbox"/> #602 Fighting leg pads (each)	\$ 34.95	<input type="checkbox"/> #415 Groin and buttock protector	\$ 69.95
<input type="checkbox"/> #700 Basic protection helmet	\$ 69.95	<input type="checkbox"/> #416 Wrap around leg guard	\$ 59.95
		<input type="checkbox"/> #900 Round counting tape and booklet "How to Fight Your Fighting Stamina"	\$ 9.95

to order fill out coupon:



use additional sheet if necessary.
Send check, money order or credit card information to:

FIST
530 West 23rd Street
New York, New York 10011

Name _____
Address _____
City _____ State _____ Zip _____

Prices may change without notice.
Available in Black only.

Sub-total _____

NY res. tax _____

Total _____



INTELLIGENCE GATHERING AND INVESTIGATION PROGRAM

Start training NOW for a career in this exciting field. ESI, best known for its Executive Protection programs, offers a combined Home Study/Resident Training program in Intelligence Gathering and Investigation.

Send \$4.00 NOW for ESI's 40-page Catalog and free newsletter.



Executive Security International, Ltd.
500 W. Main Street, IKF10, Aspen, CO 81611
1-800-874-0888

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

HOME PH. _____ WORK PH. _____

no order processed without phone number

"PROFESSOR PAIN" SMALL CIRCLE JUJITSU

Instructional Video Tapes Created and Demonstrated by
GRAND MASTER WALLY JAY
1969 Black Belt Hall of Fame

Being one of the great innovators of his time, Professor Jay, known in Australia and New Zealand as Professor Pain, has developed his art of Small Circle Jujitsu to provide the maximum amount of focused pain, in the least amount of movement eliminating wasted motion. Clearly demonstrated in his video tapes and books in detail, ranging from very basic/beginner to advanced are the basic principles: Finger, wrist, arm and joint locks-Control compliance-Ground fighting/grappling, chokes-Effortless control and transitional techniques, etc.



WHAT OTHERS SAY ...

"The late Bruce told me that Wally is the best teacher in the USA. I'm glad that I contacted him, his Small Circle will enhance everyone's art."

- George Dillman, USA

"The Small Circle gives polish to Jujitsu."

- Master Don Jacob, Trinidad, West Indies

"Professor Jay is a rare, extraordinary individual in the martial arts. I highly recommend seminars given by Professor Jay. I know this video tape will benefit martial artists of any level."

- Dan Inosanto



FOR VIDEOS, BOOKS AND SEMINARS INFO
PROFESSOR WALLY JAY
2055 Eagle Ave., Alameda CA 94501
(415) 523-8949

Name _____
Address _____
City _____ State _____ Zip _____
Telephone _____
Paid By: Cash ☐ Check ☐ Date _____

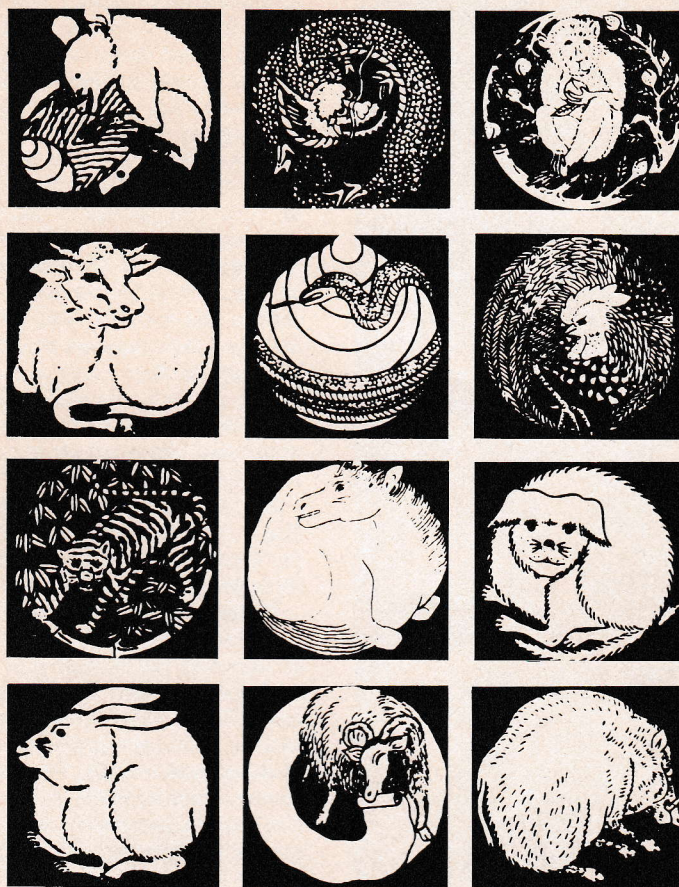
Shipping & Handling: 1 Tape - \$ 5.00
Each additional tape - \$ 2.00
1 Book - \$3.00
Each additional book - \$1.00

Quantity	
TAPE #1 \$49.00	
TAPE #2 \$49.00	
TAPE #3 \$49.00	
DYNAMIC BOOK \$9.50	
SMALL CIRCLE BOOK \$14.95	
Sub-Total	
In California Add Sales Tax	
Shipping & Handling	
TOTAL	

Summer camp 1990 June 21st-24th. Sponsored by Ricardo's Karate Academy
(207) 793-8926

Part I

(Editor's Note: In this two-part series, Inside Kung-Fu examines the origin of Chinese New Year and how it is interpreted by the Chinese Americans of today.)



Chinese New Year: History and Tradition

Festivals celebrating the Chinese New Year have been around for almost 2,000 years. Traditionally, it is a time of settling, of putting one's life in order, of paying homage to family and co-workers. Sadly, most Americans don't understand the significance of this special time; there's more to it than a lion dancing to the beat of drums down Main Street. The beginning of a new cycle is at hand.

By Lou Illar



*Fire in the lake: the image of revolution.
Thus the superior man
Sets the calendar in order
And makes the season.*

— I Ching

Chinese New Year was traditionally a two-month celebration that, through superstition and tradition, included and extended a numerical regulation and order into all phases of Chinese society. From the assessment of family roles to the selection of a mate, New Year has helped perpetuate the necessary fundamental value system of Chinese culture. Even though the event requires the participation of an entire community, it has been regulated to maintain a guarded understanding of focuses primarily upon the relevance of friends, family, and business associates. The Chinese have learned by formality and ceremony that their existence as a culture is predicated upon the survival of the hierarchy of the family institution.

The development of the festival

From the celebration's earliest origins it appears there was a great deal of theater involved. Even though primitive, the earliest records of a New Year's festival occurred in A.D. 400. Chinese history indicates the festival was centered around agrarian interests, which could only be fully appreciated in primitive times. The festival's highlight was its presentation of a unique theater. Although no stage was used and probably no player ever distinguished fantasy from reality, with great seriousness, each donned a mask and dressed as a noted hero or warrior. Once fitted for a fantasy battle with imaginary demons, the players moved up and down the barren fields driving away evil spirits. The idea of exorcising fields within our modern society sounds nearly outrageous. Yet, within their time these "ghost busters" were taken seriously; so seriously, in fact, that their drumming became the foundation of their success or failure. Even today, some believe the more the drums play at New Year, the better the plants will grow. By A.D. 200, the festival had become more formalized. There was a sorcerer with an ax in his hands, and he had his assistants armed with brooms made of millet stalks. The warriors were then played in a more symbolic manner by children dressed in black with red turbans who enacted a mock battle with bows and arrows. The archery sets which they employed were carefully constructed from peach wood. Not only are their colors of dress still popular today as symbols of heaven and luck, but peach wood throughout the ages of China has been emblematic of immortality, marriage, and long life. The children would shoot arrows into the air and these arrows would fall on thousands of demons or spirits.

It is safe to assume that in this period the festival was more theatrics than a superstitious cause-and-effect approach to mysticism. In reality, the royal family already had begun to rely on the fruits of medicine for healing as versed to the magic of "peach wood."

Professional actors were used to characterize animals representing the 12 animal personalities of the Chinese 12-year system. This concept of associating the characteristics of an animal with the personality or tendencies of a year would serve as a guide of behavior for ages to come. The performers were again called upon to exorcise the evil demons. In this case, an actor's performance was based upon the fantasy of eating these demons. The actor was to be believable to the extent that he convinced others he had contacted and devoured an evil spirit. The event became known as the great "no festival." Historical sources provide no explanation for the term, but do indicate that the festival grew in popularity.

By the beginning of the Christian era the festival had taken on a wide participatory note that also reflected the entertainment qualities of literature. During this period actors playing the role of warriors or the 12 animals stalking evil demons cleaned each house. The players would knock on each door and in theatrical movements play out the battle often using kung-fu moves that reflected a dance-like arabesque. They also entertained with song, but nothing was ever free. The host of each home was expected to pay in rice wine, or even money.

Soon afterward, the gentry or ruling class, began to affect not just the New Year festival, but the actual development of Chinese society as well. In the celebration of New Year, it became tradition that the gentry were the poised spectators upon whom all else encircled and depended. The gentry usually provided the money for the performances of the now well-developed military kung-fu weapon dances. Despite their amazing attributes and popularity, the performers were considered lower class. It was nearly a contradiction to achieve a high level of artistic achievement or star status only to be shunned from matrimony and social opportunities. It was this fear of exercise and class status that finally left China nearly desperate for athletic competition. Those bearing any visible signs of labor or athletics were seen as low class. They had to marry their own kind, and their children inherited their legacy. The net effect of this inbreeding stifled any significant creativity. Characters from literature, such as the eight immortals, first appeared at the end of the Han dynasty and originally were presented at New Year festivals by actors suggesting spiritual immortality by walking on stilts. They still are characterized in the same fashion.

The calendar

Looking to today's festivities, it should be noted that the controlling consideration for the New Year festivities, as in prior times, is the calendar itself. The festivities may be regulated by the calendar and are dependent upon its divination. The traditional Chinese calendar

Chinese Cycle of Life

1989	— Year of the Earth Snake
1990	— Year of the Iron Horse
1991	— Year of the Iron Sheep
1992	— Year of the Water Monkey
1993	— Year of the Water Chicken
1994	— Year of the Wood Dog
1995	— Year of the Wood Pig
1996	— Year of the Fire Mouse
1997	— Year of the Fire Ox
1998	— Year of the Earth Tiger
1999	— Year of the Earth Hare
2000	— Year of the Iron Dragon

is far more than an accounting of the days of the week. It is a manifestation of Confucius's *Book of I-Ching or Changes*. Confucius's philosophical presumption was not as philistine or fundamental as the old Western maxim, "History repeats itself." The complexity of the *Book of Changes* dwarfs that concept. The *Book of Changes* or the *I-Ching calendar* is formulated by an astounding configuration of numbers that are based upon an observed sequence of energy patterns — the objective being not merely to record history, but to predict it.

Over the years, the effort took on a complex codification of time divisions and categories. Not only were the years cycled in a pattern of 60, and months broken into 12, but the hours of a day were broken into six daylight hours and six evening hours. For recall purposes the initial primary year pattern was advanced as comparable to the personality patterns of the animals "that visited Buddha." The rat riding the ox's back arrived first; then the ox, tiger, rabbit, dragon, serpent, horse, goat, monkey, cock, dog and pig. Each year was described as having trends within it that paralleled the personality of each animal. To simplify a somewhat rather complex set of distinctions, these trends may be delineated as follows:

- Rat years are years of risk and surprise.
- Ox years are years that favor conservation and labor.
- Tiger years are turbulent times of unrest.
- Rabbit years are for momentous change.
- Dragon years are for dreamers of vast success and brilliant victories.
- Snake years are often the times when one of the dreams from the dragon year becomes reality.
- Horse years are to begin new tasks and to work through them.
- Goat years will signify extraordinary ups and downs.
- Monkey years, like dragon years, are gamblers' years — anything may happen.
- Rooster years are years that we should return to our work.
- Dog years provide a sense of insecurity. It is a time of idealism, goodwill and generosity.
- Pig years are times to enjoy people and to believe in the goodness of mankind.

The little New Year or the bitter month

The last month of the year is spent preparing for the New Year festival. This period is identified in different parts of China by two different names. In Peking, the coldest days of the year are usually evident as the last month of the old year. The timing of the Lunar New Year has consistently placed the holiday at the end of the Winter Solstice. Thus, the month before may be termed the "Bitter Month." In Kwantung province, the month before Chinese New Year is busily spent preparing for the festival. Shopping, cleaning and preparing decorations require so much time that this month is commonly referred to as the little New Year.

Because of the distinct family structure for most of Chinese society there are two natural occurrences that can be expected: the first is nearly a disdain for structure or organizational formats, and the second is a tendency to celebrate all festivals privately at home. Both are very much reflected through the New Year festivities. Even though most of the festivities are held behind closed doors within the confines of the family home, China itself is generally changed by numerous outward and visible manifestations of the celebration. Shrines, wells, and in some cases sacred trees, reflect the jubilation of the times, but all of these could not be properly enjoyed without the proper anticipation. Thus, Little New Year has its purpose.

As always the primary concern of the families' activities is money. In times past, New Year was the most important settling day. Debts were collected and paid but only after an incredible game of wits was played out. Seldom was a debt not paid if the collector appeared and requested payment. However, no one seemed willing to pay unless they were so slighted. The ritual was predicated on the supposition that all members of a family had to be home at New Year's Eve. Thus, a shrewd collector would call on difficult debtors on the eve of New Year and attempt to go as far as searching the premises. If the collector did not find his debtor, payment could be withheld until the fifth month or the Dragon Boat festival. The only safe place for a debtor to hide was in the temple. No business transactions were allowed within the temple's confines.

The stress on the family during little New Year was far more significant than at any other time. The holiday required an extraordinary amount of spending. Not only were the debts paid, but gifts were bought for family and friends. All broken or cracked items were removed and replaced, and money was saved to be given to children as "lucky money" or "*hung bow*." Probably even more strenuous was the task of providing each worker in a family business with his New Year's bonus. It is this period of austerity and fiscal responsibility that sent many to the temples hiding from collectors.

The period is still balanced by a shopping effort that is nearly comparable to our Christmas season. Streets are crowded with peddlers, booths and shoppers searching for the best deal. Sesame, pine branches, flowering shrubs, flowers, and fruit are big items on everyone's shopping taste in Taiwan. Sesame and pine branches are omens of longevity. Usually oranges are bought and wrapped in fancy paper. As a gift they are allotted in numbers anywhere from three-to-12. Usually the numbers four and two are avoided. The fruit itself is probably selected for its gold color, the metal of heaven. Thus, tangerines as well as oranges may be used. Peaches carry a separate significance because they are identified with the famous literary hero and saint Kwan Gung, who took an everlasting blood oath under a peach tree. Pine branches are also considered an excellent way of expressing a wish for longevity. The never-dying white crane always seen on a pine branch is expressed on portraits and vases. These gifts must be given in the right number to provide "luck." Numbers are important to Chinese and usually the numbers one, two, and four are avoided: one, because it does not reflect abundance; two, because it is non-prosperous; and four, because as spoken in Chinese, it sounds like "death." Usually a fish is purchased because the word as spoken in Cantonese sounds like "abundance." Often a carp is purchased for the New Year's second day evening dinner as a symbol of martial prowess and strength, since the Chinese carp has the difficult task of climbing currents to spawn.

Death and luck become a preoccupation with Chinese shoppers during the period of little New Year. Live chickens are often purchased as gifts, not merely because of the freshness which Chinese savor, but because of the avoidance of death. Even the paper the gifts are wrapped in and plaques of affirmations written upon it are carefully selected by color. Blue is avoided. It is usually a sign of mourning. Pink is reflective of a family that has had a death two years ago, and yellow, three years ago. Red is the true color of good luck, and white is the color to be avoided, again a symbol of death mourning.

The last day before New Year's Eve carries most of the excitement for shoppers that Christmas Eve bargains do in the United States. Toys and red envelopes for money are bought for children. Silk and paper flowers are favored over real flowers because of the constant preoccupation with funerals. Attractive pots, teas, dwarf trees and porcelain statues of Chinese saints are purchased. With Cantonese, the most popular of these is Kuan Yin, the angel of forgiveness. It is said that Kwan Yin forgives all no matter how cruel their deed. Perhaps the most important shopping legacy is the purchase of a new portrait of Tsao Wang or as the Cantonese call him "Tso Kwan," the patron saint of the kitchen.

(In part 2, Illar discusses how current Chinese Americans see the New Year tradition.)

About the Author: Lou Illar, a white crane instructor in Baton Rouge, Louisiana, currently is attending Ohio University and working on his third master's degree.



THE TIME HAS COME TO DEFEND YOURSELF!

Fight back
against
attackers!
Don't be a victim!

**No federal
license
or gun
permits
needed!**

**Feel
completely safe!**

**NOW you no longer need to live
in fear of muggers, rapists, burglars!**

That's right! Feel completely safe and secure wherever you go. Yes! In just seconds you can immediately disable any attackers – leaving them rolling on the floor in pain for about 30 minutes. Because now you are armed with the most effective .22 calibre non-lethal tear-gas handguns ever devised. Yet you can buy our guns legally. So why not use it to defend yourself against robbers, muggers and rapists. Imagine what this could mean to you and your loved ones.

Each weapon has a range of 15 to 20 feet. Both guns will fire a sudden burst that will instantly disable any attacker. Each shot sounds so real that the intruder will be easily scared away – and well he should be! But the best part is that you do not need a firearms license to own or carry these personal protective weapons. So now you can walk without fear.

**All solid metal! Dependable products
of master international gunsmiths.**

These desirable, high quality guns are beautifully balanced. Our revolver is the famous Vanguard model 8-shot side loading cylinder. Our 7-shot heavy duty frame automatic is clip fed and has a safety lever. The window inside the frame actually counts the shots fired. Both guns respond perfectly to your every movement and are extremely easy to handle. So don't take crime lying down. Fight Back and Win!

Order now!

Both the automatic and revolver can be loaded with either tear-gas cartridges or blanks. As you can see, these handsome guns will easily fit into a pocket, purse or in our own specially designed gun holster. These precision made guns are extremely sturdy yet lightweight. They can literally save your life in time of need. So Act Today!



8-shot
Vanguard
revolver

Your
Choice
only... **\$29⁹⁵**
Guns Shipped Promptly

7-shot
automatic



Deer Creek Products, Inc.
DEPT. K119
3038 N.W. 25th Avenue
Pompano Beach, FL 33069

Yes! I want instant protection. I am 18 years of age or over. Please rush me my handgun. I have enclosed my check, cash or money order. I understand that these guns should not be used to commit crime or inflict pain upon innocent people. Sorry, no C.O.D.

8-shot Vanguard revolver	only \$29.95	\$ _____
7-shot automatic	only \$29.95	\$ _____
10 tear-gas cartridges	only \$8.95	\$ _____
22 cal. blanks (100 in box)	only \$10.95	\$ _____
Holster	only \$9.95	\$ _____
I enclose \$2.95 for shipping & handling.	Total Order	\$ _____

Name _____

Address _____

City _____ State _____ Zip _____

**SATISFACTION
GUARANTEED
OR WE WILL
REFUND
YOUR MONEY**

Just return your gun. No questions asked. We will refund every cent you have paid in. Both guns are unconditionally guaranteed for a full 5 years as long as you clean and lubricate your guns regularly. What could be fairer?

© Deer Creek Products, Inc.

DIRECTORY

ARIZONA

Tucson Fong's Wing Chun Fed.
920 S. Craycroft 85711 (602) 747-9553 inst.
Augustine Fong
Tucson Karate Mart and Supply
2501 N. Campbell Ave. 82719
(602) 326-9379

CALIFORNIA

El Cajon Kung-Fu San-Soo
155 Jamacha St. 92020 (619) 446-5600
inst. master R. Gatewood
Long Beach Progressive Fighting Systems Inc.
JKD Concepts/Filipino MA Box 33-233 90801
(213) 439-2805 inst. Paul Vunak
Los Angeles Shaolin Kung-Fu
2847 Washington Blvd. 90018 (213) 737-9644
Rancho Rancho Calif. Martial Arts
42111 B Avenida Alvarado 92390 (714) 676-
7517 sifu: Stony Lee
Ridgecrest Ridgecrest Karate Center
131 Balsam 93555 (619) 375-9480
Ridgecrest Ridgecrest JKD Concepts/Filipino
Academy of Martial Arts
733 Inyo Kern Rd. 93555 (619) 446-5600
inst. Mike Patke
San Francisco Choy Lay Fut Kung-Fu Institute
6152 California St. 94121 (415) 752-0791
Master Tat-Mau Wong

FLORIDA

Jacksonville Chinese Boxing Academy & Supplies
1537 N. University Blvd. 32211 (904) 743-6543
Sifu Jack Garcia
Tampa Wah Lum Kung-Fu
8602 Greenwood Ave. 33617 (813) 980-0237
inst. Arthur D'Agostino

GEORGIA

Marietta Phoenix Dragon Kung-Fu Academy
1178 Jill Lane 30060 (404) 427-5864 sifu
G. Torres

ILLINOIS

Chicago Chicago Center for Tai Chi & Chi KF
505 N. Lakeshore Dr., Ste. 2206,
(312) 472-2220 inst. Gary Glyman
Chicago Chu Gar Southern Praying Mantis
Kung-Fu P.O. Box 21349, 60621 (312) 752-1462
Master Sammy Wong, inst. Wilbur Rimes
Chicago Green Dragon Kung-Fu
P.O. Box 2888971, 60628-8971 (312) 995-0710
Gerald Warren
Chicago Master Tsai's Shaolin Kung-Fu Studio
620 West Belmont Ave. (312) 525-8181 inst.
Terry O'Conner
Chicago Tsai's Kung-Fu International
1639 W. Belmont 60621 (312) 348-3322 inst.
Master Tsai
Chicago Tsai's Kung-Fu International
6710 W. Belmont 60621 (312) 777-8200 inst.
Johnny Tsai
Chicago Chinese Martial Arts Association/Bak
Shaolin Eagle Claw Wushu Institute, 4356 N.
Milwaukee Ave., 60641 (312) 202-9254 Grand-
master Fu Leung/Instructor: Sifu Cardona
West Chicago Tai Chi Chuan Shaolin Chuan
Assn. 940-42 E. Roosevelt Rd. 60185 (312) 231-
2222 Master/instr. Joseph Dodaro

MARYLAND

Baltimore Goh's Kung-Fu
6315 Harford Rd. 21214 (301) 426-5515
Baltimore Livingston Kung-Fu Fitness Center
423 S. Conkling St. 21224 (301) 675-6214 sifu
Edgar Livingston
Baltimore Tao Chuan Po KF Club
801 Back River Neck Rd.
Gaithersburg Chinese Kung-Fu Institute
211 N. Frederick 1st Floor (301) 921-0003 sifu
Joe Dunphy
Randallstown Goh's Kung-Fu
8727 Liberty Road 21133 (301) 426-5515
Towson Chinese Kung-Fu Institute
8801 Orchard Tree Lane 21204 (301) 823-8818
sifu Chen Laing Huang

MASSACHUSETTS

Springfield 28 Island Pond Rd. 01118
(413) 737-2707 inst. Keith Roy

MISSISSIPPI

Hattiesburg American Kenpo Karate Association
109 S. 27th Ave. 39401 (601) 264-5111

MISSOURI

Lemay Lemay Martial Arts Center
9025 S. Broadway 63125 (314) 544-3370 sifu
Ike Eichholz

NEW JERSEY

Freehold Zen Combat Institute, Vadha East Indian
Karate (201) 577-0549 inst. Len Maltse

NEW MEXICO

Cedar Crest Lee's Gung Fu Institute
12418 N. Hwy 14 87008 (505) 281-5636 inst.
Steve Lee Johnson

NEW YORK

Brooklyn Buddha Hand Wing Chun Kung-Fu
1305 86th St. 11228 (718) 259-3251
Master James Cama
Brooklyn Cheung Wah 7-Star Praying Mantis
584 Bushwick Ave. (718) 455-8026 sifu
Cheung Wah
Brooklyn Michael Militano Wing Chun Kung-Fu
4925 5th Ave. 11220 (718) 435-1667
Michael Militano/Danny Reyes
Brooklyn Northern Shaolin Temple Seven Star
Praying Mantis Kung-Fu
81 Pearl St. 11201 (718) 522-2595 sifu
Raymond E. Nelson
Merrick Ling Nam Siu Lum Kung-Fu Academy
2205 Merrick Road 11566 (516) 378-3707 sifu
Michael A. Mangoniello
New York Moy Yat Wing Tsun Kung-Fu School
45 E. Broadway (Chinatown) 10002 (212) 964-
2306 inst. Salmon Cohen
New York Praying Mantis Martial Arts Institute
58 West 31st Street 10001 (216) 889-6686 sifu
Tony Chuy
New York Yee's Hung-Ga Kung-Fu Academy
145 Grand St. 3rd Floor 10013 (212) 226-7695
inst. Frank Yee
Westbury Ketsugen Karate Institute
c/o Westbury PBL 346 Post Road 11590
(516) 333-5080 inst. Sensei Renfro Barrett
Woodhaven New York Wing Tsun & Escrima
96-18 Jamaica Ave. (718) 712-6140 inst.
Chris Ward

OHIO

Cincinnati Chinese Kung-Fu Institute
660 E. McMillan 45206 (513) 841-1094
Shih-Fu Kenneth Ware
Uniontown Ohio Wing Chun Academy
12033 Cleveland Ave. North 44685
(216) 699-4555 sifu David M. Grago

OKLAHOMA

El Reno Martial Arts Academy School of MiK-
won & Ko. 412 S.W. 27th 73036 (405) 262-2664
Oklahoma City Choy-Li-Fut Kung-Fu
923 Straka Terrace 73139 (405) 632-5534 inst.
Dave Carr

SOUTH CAROLINA

Greenville Mike Sanders Okinawan Karate School
1831 Wade Hampton Blvd. 29609 (803) 292-
3455 inst. Mike Sanders
Hilton Head McElroy's Martial Arts Academy
P.O. Box 2234 29925 (803) 681-6538 inst.
Rick McElroy

TEXAS

Austin River City Martial Arts
6800 West Gate Blvd. #110 78745
(512) 447-5425
Dallas Shaolin Hung-Gar Tiger Crane, USA
Texas Branch, P.O. Box 741142 75374
sifu Philip Ng
Garland Wu Hsin Kuen Academy of Martial Arts
Kali, Wing Chun, Thai Boxing
1753 Plaza Drive (214) 279-3629 or
(214) 272-0786 inst. Jon Rister
Plano Shaolin Hung-Gar Tiger Crane
P.O. Box 261382 75026 sifu Philip Ng

VIRGINIA

Richmond Moy Yat Ving Tsun Kung-Fu
Academy #1 E. Broad Street 23219 (804) 783-
2738 inst. Anthony Moytung
Winchester Shenandoah Tai Chi Chuan Society
111 Shirley St. 22601 (703) 667-7595 inst.
Steve Rhodes/Pat Rice

WASHINGTON

Seattle Seattle Kung-Fu Club
656 1/2 S. King St. 98104 (206) 624-3838
inst. John Leong
Seattle Seattle Wing Chun School
Phinney Neighborhood Center
6532 Phinney Ave. N. 98103
(206) 783-9262

CANADA

Ontario The Martial Arts Fitness Centres
1106 Dearness Dr. inst. Ken Tallack
Scarborough Dunn's Wing Chun Kung-Fu
Academy, Unit B27 Wingo Business Parks,
Midland & Pitfield (416) 463-5669

PUERTO RICO

Naguabo Escuela de Artistas Marciles Chien Tao-
Shou Kung-Fu Ada Relampago Carr. 196 K 1 6
(809) 874-3985 inst. Juan R. Burgos Rivera

CREDIT CARD ORDERS: 1-800-332-2535



KUNG FU MASTERS VIDEO

See over 12 different masters of Kung Fu and their students demonstrate their styles, such as: Hung Gar, Praying Mantis, Shing-Yi, Tai Chi, Shaolin and more. (2 hours—\$39.95)

GOJU-RYU KARATE DO

A guide for all Goju practitioners by PAUL OKAMI. Contains: Basics, Warm-ups, Kihon Ido, Shippou Ido, Kata Gekisai Ichi, Sanchin Tensho, Kihon Kumite, and more. A 77-page manual included. (1 3/4 hours—\$39.95)

KOGA-RYU NINJITSU

Professor Ronald Duncan provides an overview of the Koga-Ryu system, from Unarmed Techniques to Weapons to Disarming. A Brief manual is included. (1 hour—\$34.95)

INTRODUCTION TO CHINESE GOJU

Master RON VAN CLIEF and TAIMAK take you step-by-step through the basics of this system. Self-defense techniques are illustrated for each basic. A hardcover 190-page book, with over 300 photos, is included. (1 hour—\$24.95)

BEST OF THE MARTIAL ART FORMS

Compiled from 6 years of America's foremost Martial Art TV program. Forms, Self-Defense, Weapons, many different styles and an amazing Breaking finale. (1 hour—\$19.95)

TIGER CLAW KUNG FU

Learn the basics of Tiger Claw with Master Tak Eng. A full Kung Fu workout with self-defense techniques. A 30-page book is included. (1 hour—\$29.95)

WU-SHU CHAMPIONSHIP DEMO

Exciting action-packed demonstrations by the top Wu-Shu performers in this country. Also: Interviews & performances feat. top Wu-Shu practitioners from China. (1 hour—\$21.95)

WU STYLE TAI CHI CHUAN

Tape #1 THE LONG FORM Master Leung Shum teaches you step-by-step the moves of the Wu-Style Long Form. Also included are demonstrations of the Fast Form, the 2-Man Set, Sabre and more. A book showing each move is also provided. (72 min.—\$39.95)

Tape #2 WU STYLE PUSH HANDS From standing push hands to walking push hands to self-defense, this tape teaches this integral part of the Tai Chi system. With Master Shum. (1 hour—\$29.95)

EAGLE CLAW KUNG-FU SYSTEM

Taught by Master Leung Shum, each tape covers basic techniques and a form. Tapes range from easy to hard.

- Tape #1 Eagle Claw Basic Workout & Kung Lek Kune, the Power Fist form. (2 hours)
- Tape #2 10 Punches & Jeet Kune, the Quick Fist form. (66 min.)
- Tape #3 Punching Techniques & Sui Min Jeung, the Small Cotton Palm form. (1 hour)
- Tape #4 Defense Techniques & Muy Fa Kune, the Plum Flower Fist form. (1 hour)
- Tape #5 Eagle Claw Principles #1 & #2 / Law Horn Kune, the Buddha Fist form (1 hour)
- Tape #6 Staff Techniques / Kuan Yeung Kuan, Shepard Staff (1 hour)
- Tape #7 Eagle Claw Principles #3 & #4 / Lok Hop Do, 6 Direction Sabre (1 hour)
- Tape #8 Eagle Claw Principles #5, #6 & #7 / Ng Fu Chueng, 5 Tiger Spear (1 hour)

Tapes 1-4, \$29.95 ea. All four, \$99.95 Tapes 5-8, \$39.95 ea. All four, \$139.95

EAGLE CLAW BOOK—History and Techniques, \$11.00.

Buy all eight tapes and receive the Eagle Claw Book free!

EAGLE CLAW DEMO VIDEO

See the many different facets of these ancient and elegant systems. (1 hour—\$19.95)

ORDER FORM

Tape _____ Price _____

Name _____

Address _____

City _____ State _____ Zip _____

Add \$3.00 for Postage and Handling

Add \$8.00 for All Orders Outside The U.S.A.

Send Check or Money Order To:

ESPY-TV, 530 WEST 23RD STREET, NEW YORK, NY 10011

All Tapes VHS and in United States video systems

VIDEO KICKS

Continued from page 28

deadly enemy is the new name producers give her: **Cynthia Khan**!?! In case the *counterfeit* Khan cannot induce amnesia for viewers, *YM3* adds **Nishiwaki Michiko** (*My Lucky Stars*).

The plot is a rummy rework of the *real* Khan's *Royal Warriors*, with the bogus Khan inspector teaming with a male Japanese officer to stop some confusing HK-Japan conspiracy that involves Nishiwaki as a Red Army terrorist named "Nishiwaki Michiko" (!?).

For pure villainy, she and co-villain **Dick Wei** cannot compete with *YM3*'s producers, for they threaten to destroy HK film itself. Viewers may themselves go savage when they recognize that the fake Khan performs less of her own action than average *Western* actors; not since the **Jennifer Beals** scandal for *Flashdance* has there been such obvious misuse of body doubles.

Whether officially named "Tsumura Yukari" or "Oshima Yukari," . . . known as "Joyce Godenzi" or "Go Lai Hung" or "Kao Li Hung," . . . the real things are still the best.

About the Author: S.C. Dacy is a contributing editor of Inside Kung-Fu.

THE MANTIS SYSTEM

Continued from page 37

converted to a public education facility. A martial arts class was being taught by sifu Ding Zi Cheng, millionaire ex-owner of the estate and direct-line disciple of six harmony mantis.

To young sifu Liu, master Ding and his students looked soft and powerless so he challenged them. To his surprise, in only one move he was thrown to the ground by the seemingly amiable old man who dissolved his harsh attack with softness and tumbled him with a kick that resembled a strong whirlwind. He stood up, quickly turned away and left without even looking at them.

When General Zhang saw his kung-fu brother in low spirits he couldn't help but laugh. The very indiscreet young man had "pulled the whiskers of the tiger" and so was beaten by the prominent master. As a favor to him, the general invited sifu Ding to come and teach the young man, but failed to convey his meanings clearly to the master. Hearing that a General Commander with the nickname

Continued on page 92

BEST AND WORST VIDEO

Continued from page 65

Williamson, and Jim Kelly as three dark knights who foil Aryans. ★★★

TNT Jackson goes poof, despite its nudity. ★

Witch from Nepal earns its place here for the sequence where the demon fighter rips a German Shepherd in half. ★★

Yellow-faced Tiger dubs Chuck Norris's mouth as the Hongkongese version of *Slaughter in San Francisco*. Featuring his only heel role as narcotics kingpin. ★

Yes, Madam rises in rank with each viewing, as Michelle Khan and Cynthia Rothrock join for several impressive sequences;

rerun their rumble in the restroom. ★★★

Zatoichi Meets Yojimbo for a date in *IKF*'s version of Hell, because the *subferior* quality of the film-to-film video transfer makes this version *unwatchable*. ★

Now, slither on over to your video shop and take a direct hit to your eyeballs.

About the Author: S.C. Dacy writes the monthly "Video Kicks" column for Inside Kung-Fu.

JKD PHILOSOPHY AND TECHNIQUE

Continued from page 22

Jao sao (Running hand)

Jao sao can be defined as a disengagement from the opponent's arms while moving from one line to another. Jao sao can be done from the outside line to the inside line, inside to outside, low to high and high to low.

Jut sao (Short snapping hand)

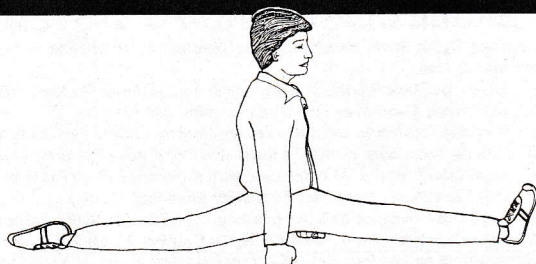
Jut sao can be defined as a short sudden jerking motion against one or both of the opponent's arms. It can be used to: open a line, distract, or draw a defensive reaction. It should be crisp and jolt the opponent.

Huen sao (Circling hand)

Huen sao can be defined as a small disengagement either from the outside to the inside line or from the inside to the outside line of the opponent. This motion differs from the jao sao in that huen sao maintains contact with the opponent's arm.

About the Author: Tim Tackett is a contributing editor of Inside Kung-Fu.

AT LAST!



This highly successful British publication is now being made available in the USA. 'How to Stretch for Extreme Flexibility for the Martial Artist' is the ultimate guide to rapid gains in flexibility for the martial artist. It recognises that most people do not have time for a full stretching programme every day and that flexibility in certain areas can be more beneficial to the martial artist's ability than others.

The philosophy, then, is to concentrate on the area which will lead to the most significant improvements and, together with the unique stretching method outlined, you will soon gain the flexibility you are looking for.

Once you discover the benefits of extreme flexibility in your martial art, we guarantee you will never want to feel any other way.

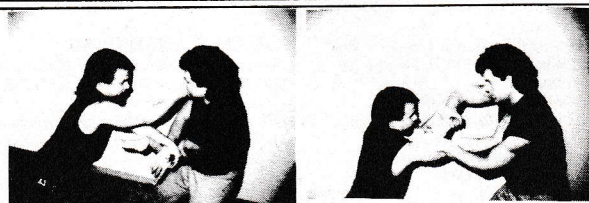
To: Academy Publications,
34a High Road, Beeston, Sandy, Beds. SG19 1PA

Please send me copy/ies of 'How to Stretch for Extreme Flexibility for the Martial Artist', for which I enclose \$..... (\$10.00 per copy) cheque/postal order made payable to Academy Publications. (Please allow up to 28 days for delivery)

NAME :

ADDRESS :

SIGNED : DATE :



Surviving Close Encounters of The Ugly Kind

Non-Classical Stickinghands, part one. A video by Bruce Lee's first student, Jesse R. Glover, author of Bruce Lee between Wing Chun and Jeet Kune do; Bruce Lee's Non-Classical Gung Fu, and Non-Classical Gung Fu.

Non-Classical Stickinghands part one is based on Bruce's modification of the Wing Chun concept of stickinghands. Its primary purpose is to develop a touch-based in-fighting system that doesn't desert you during the stress of a fight. Tape one presents the hand and arm positions used in Non-Classical sticking: The development and use of strong forward pressure; Special exercises to develop muscle, tendon and ligament strength in the shoulders and the arms; Basic striking techniques in sticking, including the use and the development of the back-fist and how to train with and without a practice partner. People of various sizes are shown working against each other so you can develop a better idea of the role that size plays in this art. The tape also contains a lot of footage of people working out in free sticking sessions. In an effort to make this video instruction a real learning experience I offer the following program: For a twenty-five dollar fee I will review you performing the techniques shown on the Non-Classical Sticking tape, make training suggestions and corrections in video on the same tape and return the tape to you. You can be reviewed as many times as you like; just send twenty-five dollars with each review tape. The price of the Non-Classical Sticking tape is \$59.95.

The final product that I am introducing at this time is a new concept in video tape instruction: one year course of twelve monthly instructional tapes. The tapes sell for sixty dollars each. What you receive for your sixty dollars is a taped lesson and the right to send in each month two tapes of you performing the techniques of the monthly lessons for a video review. I will review each tape and return the tape to you with suggestions and corrections in video on the tape. Tapes can be ordered through Glover Publications, P.O. Box 21745, Seattle, WA 98111. Foreign orders add \$20.00. Specify VHS, Beta or Pal. (206) 932-2607.

Coming in March!

On Your Newsstands February 1st . . .

Karyn Turner is Back!

The queen of kung-fu in the '70s is back with a new fighting organization and a young fighter with promise. *By Mark Van*

Schuyver

IKF's 1st Directory Guide

Learn where you can study around the world. The most complete list ever of studios, styles and classes.



DR. ZEE LO'S CENTER OF HOLISTIC HEALTH CARE & INTEGRATED MARTIAL ARTS



Medicine Martial Arts



Treating the Whole of the Person



Freeing the Person From the Whole

DR. ZEE LO, O.M.D., PH.D.

- Doctor of Oriental Medicine
- Former NCAA Boxing Champion & Trainer
- Certified Instructor of Bruce Lee's Jeet Kune Do
- Professor of South Baylo University

Dr. Zee Lo utilizes his 19 years of experience in the martial arts and his medical expertise to bring you one on one personalized training and treatment in:

- No Nonsense Self-Defense
- Kickboxing and Weapon Training
- Action, Martial Arts Choreography
- Motivational Counseling
- Sports Medicine & Holistic Health Care
- Plus Jeet Kune Do/Intercepting Fist

DESIGNED SPECIFICALLY FOR PROFESSIONALS & PERFORMERS

May the Qi-Force Be With You

We accept insurance for medical treatment, personal injuries & workman's compensation.

Services only available in the L.A. area

(213) 281-3340 Leave Message

World Renown Master Eric Lee

"Dr. Lo has extensive experience in both the martial arts and healing arts. I have been practicing martial arts for 25 years now and for the past several years Dr. Lo has been of enormous help. I would recommend Dr. Lo to all martial artists for the caring of their injuries, the enhancement of their performance and the general maintenance of their state of health."

- Master Eric Lee

The flexible and holistic approach of practitioners and teachers such as Dr. Lo can enhance our skills and empathy for the injured person and will serve to expand our personal gratification as healers.

S. Benjamin, M.D.

1. Super Tonic Pack \$19.95 (1 month supply) This super herbal extract is designed to be used as a tonic and general regulating agent in case of physical debility or debility after illness. It improves energy and vigor. **Be stronger! • Improve physical performance, reduce health risk!**

- Unleash energy you never knew you had!

2. Anti-Stress Pack \$18.95 (1 month supply) This herbal extract is aimed at reducing tension and stress caused by modern-day pressures that manifest in business, competition and unpleasant events. This extract includes relaxation, allowing the body to replenish itself.

- Feel better, eliminate stress! • Restore deficiencies, relieve excesses! • Enhance mood and energy, encourage appetite regulation!

3. Anti-Pain Pack \$18.95 (1 month supply) This formula extract is aimed at relieving discomfort from traumatic injuries, bruises and swelling, athletic injuries and injuries resulting from automobile accidents.

- Immediate relief of pain! • Stimulate blood circulation, reduce swelling! • Highly effective, fast acting!

4. Hi-Potency 'Dit Da Jow' Liniment \$15.95 (full 4 oz bottle) **For external use only!** This high potency formula is a result of centuries of refinement of herbal extracts used by martial arts masters in their course of developing body strength, iron palms and healing injuries. It is a must for all martial artists, instructors, schools and athletes.

- Reduce pain due to sprains and strain! • Improve joint mobility! • Reduce swelling! • Promotes healing!

5. Natural Herbal Traveling Kit

\$24.95 This is a compilation of very commonly used patent herbs. It is highly effective in relieving symptoms

associated with traveling. An essential traveling companion for any martial artist, athlete and business entrepreneur. Also excellent for home use. Contains:

- White flower oil
- Tiger Balm Liniment
- Yin Chiao San
- Jin Bu Wan Anodyne
- Curing pills



Name _____
Address _____
state _____ zip _____

☐ Check ☐ Money Order

(If check or money order, make payable to Dr. Zee Lo's Holistic Health Center)

☐ Visa ☐ MasterCard Exp. date _____

signature as it appears on credit card

SPECIAL OFFER: Buy 4 of the same item and get 5th free. ★ All five herbal packs for special \$79.95. ★

Quantity	Item	Amount

Sub Total

CA Sales Tax (6.5%)

Shipping & Handling (10% of total)

Send Order & Payment to: TOTAL

Dr. Zee Lo's Holistic Health Center, 9903 Santa Monica Blvd., #508, Beverly Hills, CA 90212 **IK**

Wing Chun Viewpoint

The most authoritative journal on Wing Chun Kung Fu.

A quarterly publication which expresses the viewpoints and experiences of Wing Chun practitioners around the world.

Write for FREE first issue.
Send \$2.00 for postage and handling.

WONG'S WING CHUN

P.O. BOX 5756, STN. B
VICTORIA, B.C. CANADA
V8R 6S8 (604) 477-5460

Telephone #: 718/456-0663

Call from 7:30 to 10:30 p.m.

"Evenings Only" - No Collect Calls Please

"MAIL ORDER ONLY"

JARS VIDEO COLLECTIBLES

P.O. Box 113
Little Neck, N.Y. 11363

Specializing in Martial Arts Movies,
Animation, Science Fiction and Westerns.

Largest Collection Of Kung Fu Movies
in the World. Also, we have a video rental
club thru the mail and we buy new and
used pre-recorded video tapes.

Catalog \$2.00 Refundable with First Order.

BLACKHAWK SUPERBOW USA MADE \$99.99 EA. \$89.99 EA.
150 lb. crossbow, laminated heat-cured suspension fiberglass bow, Fibertec/glass stock, die-cast alloy nose, front/rear steel micro-adjust, sites, wind/elev. failsafe trigger, safety, brass track, ckr. d grips, MonteCarlo cheekpc, scope m. Teatemp, recoil and 110 yds. 225 lbs. **150 LB. FOR \$89.99 EA.**
ALL ITEMS 40-70% OFF
Fish attach/irpooon \$12.75
Cook lever (opt) \$18.75
Camo pad, sling \$8.75
Camo X-Bow case \$25.75
Camo Quiver \$9.75
Bow strings \$5.50
V.I.C. M.C. M.T.
Send cash, check, M.O.
2-day Sales, Gtd. NO CDD.
Must be 18
800-228-2323 or INFO 801-975-0222
Salt Lake City, UT 84127

THE MANTIS SYSTEM

Continued from page 90



"Skin Scraper Zhang" had "invited" him to army headquarters on behalf of his defeated kung-fu brother, sifu Ding opted for "strategic evasion" and successfully hid.

Later, after many twists, turns, setbacks, and sincere messages, sifu Ding agreed to teach sifu Liu six harmony mantis. Thus, opponents became friends and sifu Liu began a close friendship with sifu Zhang Xiang Shan that lasted more than 40 years.

Every day for 30 years, rain or shine, sifu Zhang taught kung-fu in Taipei's New Park, but never had he shown anyone six harmony. Beyond my expectations, I was selected to learn his six harmony mantis and received this unique technique along with his kindness and generosity. Since my natural ability is limited, I was afraid that I couldn't live up to my teacher's expectations. Still I wanted to honor and perpetuate this system. And so I have introduced it to a number of promising students and practitioners who now, arrayed under its

banner, have become the main force of six harmony mantis in Taiwan.

No doubt the six harmony mantis system exists in Shandong province. I hope it will develop daily and become an outstanding school, not only for the sake of the six harmony subsystem, but also for the entire mantis system. This would be a worthy contribution toward building our beloved system to be complete and perfect.

Though I am not a specialist in praying mantis, I have formed ties with it. Self-examination reveals that I have always been interested in it and sincerely want to gather more knowledge. I hope with this article and some luck I can obtain this instruction and correction from the authoritative masters of the mantis system.

About the Author: Adam Hsu, a Cupertino, California, martial artist, is among the country's most respected Chinese-style practitioners.

STATEMENT OF OWNERSHIP, MANAGEMENT AND CIRCULATION			
1. Publication Title			
2. Issue Frequency			
3. Issue Date for Circulation Data Below			
4. Annual Subscription Price		5. Number of Copies of Single Issue Published Nearest to Filing Date	
6. Annual Subscription Price		7. Total Number of Copies of Single Issue Published Nearest to Filing Date	
8. Total Number of Copies of Single Issue Published Nearest to Filing Date		9. Total Number of Copies of Single Issue Published Nearest to Filing Date	
10. Total Number of Copies of Single Issue Published Nearest to Filing Date		11. Total Number of Copies of Single Issue Published Nearest to Filing Date	
12. Total Number of Copies of Single Issue Published Nearest to Filing Date		13. Total Number of Copies of Single Issue Published Nearest to Filing Date	
14. Total Number of Copies of Single Issue Published Nearest to Filing Date		15. Total Number of Copies of Single Issue Published Nearest to Filing Date	
16. Total Number of Copies of Single Issue Published Nearest to Filing Date		17. Total Number of Copies of Single Issue Published Nearest to Filing Date	
18. Total Number of Copies of Single Issue Published Nearest to Filing Date		19. Total Number of Copies of Single Issue Published Nearest to Filing Date	
20. Total Number of Copies of Single Issue Published Nearest to Filing Date		21. Total Number of Copies of Single Issue Published Nearest to Filing Date	
22. Total Number of Copies of Single Issue Published Nearest to Filing Date		23. Total Number of Copies of Single Issue Published Nearest to Filing Date	
24. Total Number of Copies of Single Issue Published Nearest to Filing Date		25. Total Number of Copies of Single Issue Published Nearest to Filing Date	
26. Total Number of Copies of Single Issue Published Nearest to Filing Date		27. Total Number of Copies of Single Issue Published Nearest to Filing Date	
28. Total Number of Copies of Single Issue Published Nearest to Filing Date		29. Total Number of Copies of Single Issue Published Nearest to Filing Date	
30. Total Number of Copies of Single Issue Published Nearest to Filing Date		31. Total Number of Copies of Single Issue Published Nearest to Filing Date	
32. Total Number of Copies of Single Issue Published Nearest to Filing Date		33. Total Number of Copies of Single Issue Published Nearest to Filing Date	
34. Total Number of Copies of Single Issue Published Nearest to Filing Date		35. Total Number of Copies of Single Issue Published Nearest to Filing Date	
36. Total Number of Copies of Single Issue Published Nearest to Filing Date		37. Total Number of Copies of Single Issue Published Nearest to Filing Date	
38. Total Number of Copies of Single Issue Published Nearest to Filing Date		39. Total Number of Copies of Single Issue Published Nearest to Filing Date	
40. Total Number of Copies of Single Issue Published Nearest to Filing Date		41. Total Number of Copies of Single Issue Published Nearest to Filing Date	
42. Total Number of Copies of Single Issue Published Nearest to Filing Date		43. Total Number of Copies of Single Issue Published Nearest to Filing Date	
44. Total Number of Copies of Single Issue Published Nearest to Filing Date		45. Total Number of Copies of Single Issue Published Nearest to Filing Date	
46. Total Number of Copies of Single Issue Published Nearest to Filing Date		47. Total Number of Copies of Single Issue Published Nearest to Filing Date	
48. Total Number of Copies of Single Issue Published Nearest to Filing Date		49. Total Number of Copies of Single Issue Published Nearest to Filing Date	
50. Total Number of Copies of Single Issue Published Nearest to Filing Date		51. Total Number of Copies of Single Issue Published Nearest to Filing Date	
52. Total Number of Copies of Single Issue Published Nearest to Filing Date		53. Total Number of Copies of Single Issue Published Nearest to Filing Date	
54. Total Number of Copies of Single Issue Published Nearest to Filing Date		55. Total Number of Copies of Single Issue Published Nearest to Filing Date	
56. Total Number of Copies of Single Issue Published Nearest to Filing Date		57. Total Number of Copies of Single Issue Published Nearest to Filing Date	
58. Total Number of Copies of Single Issue Published Nearest to Filing Date		59. Total Number of Copies of Single Issue Published Nearest to Filing Date	
60. Total Number of Copies of Single Issue Published Nearest to Filing Date		61. Total Number of Copies of Single Issue Published Nearest to Filing Date	
62. Total Number of Copies of Single Issue Published Nearest to Filing Date		63. Total Number of Copies of Single Issue Published Nearest to Filing Date	
64. Total Number of Copies of Single Issue Published Nearest to Filing Date		65. Total Number of Copies of Single Issue Published Nearest to Filing Date	
66. Total Number of Copies of Single Issue Published Nearest to Filing Date		67. Total Number of Copies of Single Issue Published Nearest to Filing Date	
68. Total Number of Copies of Single Issue Published Nearest to Filing Date		69. Total Number of Copies of Single Issue Published Nearest to Filing Date	
69. Total Number of Copies of Single Issue Published Nearest to Filing Date		70. Total Number of Copies of Single Issue Published Nearest to Filing Date	
70. Total Number of Copies of Single Issue Published Nearest to Filing Date		71. Total Number of Copies of Single Issue Published Nearest to Filing Date	
71. Total Number of Copies of Single Issue Published Nearest to Filing Date		72. Total Number of Copies of Single Issue Published Nearest to Filing Date	
72. Total Number of Copies of Single Issue Published Nearest to Filing Date		73. Total Number of Copies of Single Issue Published Nearest to Filing Date	
73. Total Number of Copies of Single Issue Published Nearest to Filing Date		74. Total Number of Copies of Single Issue Published Nearest to Filing Date	
74. Total Number of Copies of Single Issue Published Nearest to Filing Date		75. Total Number of Copies of Single Issue Published Nearest to Filing Date	
75. Total Number of Copies of Single Issue Published Nearest to Filing Date		76. Total Number of Copies of Single Issue Published Nearest to Filing Date	
76. Total Number of Copies of Single Issue Published Nearest to Filing Date		77. Total Number of Copies of Single Issue Published Nearest to Filing Date	
77. Total Number of Copies of Single Issue Published Nearest to Filing Date		78. Total Number of Copies of Single Issue Published Nearest to Filing Date	
78. Total Number of Copies of Single Issue Published Nearest to Filing Date		79. Total Number of Copies of Single Issue Published Nearest to Filing Date	
79. Total Number of Copies of Single Issue Published Nearest to Filing Date		80. Total Number of Copies of Single Issue Published Nearest to Filing Date	
80. Total Number of Copies of Single Issue Published Nearest to Filing Date		81. Total Number of Copies of Single Issue Published Nearest to Filing Date	
81. Total Number of Copies of Single Issue Published Nearest to Filing Date		82. Total Number of Copies of Single Issue Published Nearest to Filing Date	
82. Total Number of Copies of Single Issue Published Nearest to Filing Date		83. Total Number of Copies of Single Issue Published Nearest to Filing Date	
83. Total Number of Copies of Single Issue Published Nearest to Filing Date		84. Total Number of Copies of Single Issue Published Nearest to Filing Date	
84. Total Number of Copies of Single Issue Published Nearest to Filing Date		85. Total Number of Copies of Single Issue Published Nearest to Filing Date	
85. Total Number of Copies of Single Issue Published Nearest to Filing Date		86. Total Number of Copies of Single Issue Published Nearest to Filing Date	
86. Total Number of Copies of Single Issue Published Nearest to Filing Date		87. Total Number of Copies of Single Issue Published Nearest to Filing Date	
87. Total Number of Copies of Single Issue Published Nearest to Filing Date		88. Total Number of Copies of Single Issue Published Nearest to Filing Date	
88. Total Number of Copies of Single Issue Published Nearest to Filing Date		89. Total Number of Copies of Single Issue Published Nearest to Filing Date	
89. Total Number of Copies of Single Issue Published Nearest to Filing Date		90. Total Number of Copies of Single Issue Published Nearest to Filing Date	
90. Total Number of Copies of Single Issue Published Nearest to Filing Date		91. Total Number of Copies of Single Issue Published Nearest to Filing Date	
91. Total Number of Copies of Single Issue Published Nearest to Filing Date		92. Total Number of Copies of Single Issue Published Nearest to Filing Date	
92. Total Number of Copies of Single Issue Published Nearest to Filing Date		93. Total Number of Copies of Single Issue Published Nearest to Filing Date	
93. Total Number of Copies of Single Issue Published Nearest to Filing Date		94. Total Number of Copies of Single Issue Published Nearest to Filing Date	
94. Total Number of Copies of Single Issue Published Nearest to Filing Date		95. Total Number of Copies of Single Issue Published Nearest to Filing Date	
95. Total Number of Copies of Single Issue Published Nearest to Filing Date		96. Total Number of Copies of Single Issue Published Nearest to Filing Date	
96. Total Number of Copies of Single Issue Published Nearest to Filing Date		97. Total Number of Copies of Single Issue Published Nearest to Filing Date	
97. Total Number of Copies of Single Issue Published Nearest to Filing Date		98. Total Number of Copies of Single Issue Published Nearest to Filing Date	
98. Total Number of Copies of Single Issue Published Nearest to Filing Date		99. Total Number of Copies of Single Issue Published Nearest to Filing Date	
99. Total Number of Copies of Single Issue Published Nearest to Filing Date		100. Total Number of Copies of Single Issue Published Nearest to Filing Date	

DO YOU WANT THE POWER?



SCIENTIFIC RESEARCH

Learn the scientific truth about ch'i power from the leading ch'i masters and scientists in IAM.

BEST INTERNAL MAGAZINE

Internal Arts Magazine (IAM) is the world's leading authority on ch'i research and development. Every issue will keep you up to date on the latest scientific information and methods of improving your own internal power.



TAIJIQUAN

Let the masters show you how Taijiquan produces internal power and health.

WRITTEN AND READ BY MASTERS AROUND THE WORLD

IAM is written by the most prestigious masters, scientists and physicians in the internal martial arts field. Our articles contain facts, not fantasy.

Teachers, masters and students from every corner of the earth look to IAM as their definitive source of reliable scientific information on ch'i development in all of the martial arts, both internal and external.

IAM will explain what ch'i really is, how it is developed, and what it can do for you, no matter what art you practice. Let IAM help you separate the facts from the fiction and find your own inner life-force power today!

INTERNAL ARTS MAGAZINE

BAGUAZHANG
Develop dynamic internal energy while increasing longevity! Only IAM shows you how it works and how to do it right.



THERE IS NO OTHER MAGAZINE LIKE THIS IN THE WORLD

Let the masters show you how to develop your mind/body/spirit ch'i power through these regular features in IAM:

- TAIJIQUAN
- BAGUAZHANG
- XINGYIQUAN
- AIKIDO
- YOGA
- QIGONG
- ACUPUNCTURE
- PSYCHOLOGY
- I-CHING
- MEDITATION
- NUTRITION
- HERBOLOGY
- MASSAGE
- TAOISM
- ZEN
- AND MORE...



PHILOSOPHY

The masters explain oriental philosophy and show you the secrets to peace, health, tranquility and power!



INNER POWER

Dr. John Painter, publisher of IAM, splits six bricks with internal Iron Palm power. Discover the secrets of this devastating force in *Internal Arts Magazine*.

Act now and receive a FREE GIFT

from the selection below

1. Bagua Qigong booklet
2. Ch'i science report
3. Internal school directory

Gift items are in limited supply, so please act immediately. Fill out and mail the coupon, or call our toll-free number and order your subscription to IAM NOW! Order line answered 24 hours a day, seven days a week.

NO RISK MONEY BACK GUARANTEE!

Order IAM today and examine your first issue for 30 days risk-free. If not fully satisfied, just return your first issue to us in good condition for a refund on your subscription price, - and keep the free gift!

ALL THIS FOR ONLY \$21.97

IAM - IKF-12

P.O. Box 1777

Arlington, TX 76004-1777

sample copy only \$5.00

YES!

I want to master the art of ch'i power. Please start my subscription to IAM today!

Enclosed is my: Check ☐ Money Order ☐
Charge my: Visa ☐ MasterCard ☐ American Express ☐

Card Number _____ Exp. Date _____

Signature _____

NAME _____

ADDRESS _____

CITY/STATE/ZIP _____

ONE YEAR

ONLY \$21.97

TX RES. ADD \$1.59 TAX

FOREIGN ADD \$6.00 POSTAGE

Please allow 6 - 8 weeks for delivery

FREE GIFT CHOICE

Please include my free gift with my subscription. I wish to receive gift

1 2 3

circle one

Send to:

IAM - IKF-12

P.O. Box 1777

Arlington, TX 76004

CALL THE INTERNAL ARTS HOTLINE

1-800-223-6984 NOW!

Have your credit card ready



Bok Lei Tat Inc.

213 CANAL STREET
NEW YORK, N.Y. 10013 (CHINATOWN)
TEL: (212) 226-1703-5, CABLE: BOKLEITAT
TELEX: BOLETA 420186

81121 SOLE DISTRIBUTOR IN NORTH AMERICA
Choy Lay Fut Kung Fu Dragon Fan Fundamental
Fist Form by Sifu Lee Koon Hung
★ Color 8 1/2" x 11 1/4" 40 pages
★ One of the First Books ever published on the Dragon Fan
★ Form & Application plus Counter-Applications
★ Demonstrated personally by Sifu Lee Koon Hung \$6.50



90008
Nucleus Of Wing Chun Video Tape by Stephen Chan
★ 50 Minutes, Color, VHS Only
★ 3 Original Wing Chun Forms
★ Complete Wooden Dummy And Butterfly Knives Forms
★ Combat Application, Chi Sao, And Footwork.

90008 \$60.00

80570
Nucleus Of Wing Chun Kung Fu by Stephen Chan
★ 8 1/2" X 11 1/4", Hardbound 270 Pages
★ 3 Original Wing Chun Forms
★ Wing Chun Chi Sao, Footwork And Kicking Techniques
★ Good Reference For All Wing Chun Practitioners And Martial Artists
Sole Distributor In North America \$28.50

THE SECRET OF SEVEN STAR MANTIS STYLE



80605
Secrets Of Seven Star Mantis by Lee Kam Wing
★ 5 1/2" X 8 1/2", 200 Pages
★ Three Complete Mantis Forms From Beginning To Advance Levels
★ Iron Sand Palm With Medical Formula
★ Treating Martial Arts Injuries
★ Wooden Dummy Techniques
★ Combat Applications
★ Excellent Implementation To His First Book The Seven Star Mantis System
Sole Distributor In North America
80605 \$13.50



80725
The Ferocious Enchanted Staff Of The Ancient Monks by Leung Ting
★ 5" X 7", 98 Pages
★ This Is The Original Ancient Ferocious Enchanted Staff Form
★ Clear Cut Illustrations, Explanation And Application
★ Excellent Implementation For All Staff Practitioners.
Sole Distributor In North America

80725 \$3.50



80703
Whirling Staff Of Choy Lay Fut Kung Fu by Lee Koon Hung
★ Color, 8 1/2" X 11 1/4", 32 Pages
★ Best Pole Form Yet On Choy Lay Fut Kung Fu
★ Called Lung Hung Kwan In Chinese Or Walking Dragon Pole
★ Applications Against Various Types Of Weapons.
★ Demonstrated Personally by Sifu Lee Koon Hung

80703 \$6.50

80732
Spinning Spear Of Choy Lay Fut Kung Fu by Lee Koon Hung
★ Color 8 1/2" X 11 1/4", 32 Pages.
★ Demonstrated Personally by Sifu Lee Koon Hung.
★ One Of The First Books Ever Published on single Hand Spear.

Sole Distributor In North America



80618
Dynamic Wing Tsun Kung Fu by Leung Ting
★ 5 1/2" X 8 1/2", 210 Pages
★ Learn To Become An Aggressive Fighter In Short Period Of Time.
★ Application Against Various Martial Artists
★ Corrections Of Wrong Movements by Scientific Explanation Using Diagrams Demonstrated by Master Yip Man, Grand Master Of The System
Sole Distributor In North America

80618 \$11.95



02040
Plum Flower Form Of Choy Lay Fut Kung Fu by Master Lee Koon Hung
★ 34 X 23" Color Poster
★ The Complete Plum Flower Form
★ Demonstrated by Sifu Lee Koon Hung
★ Excellent Choice For Martial Artists And Schools.

02040 \$3.50



90009
The Drunken Kung Fu Video Tape
★ Color, 45 minutes, VHS or BETA
★ 8 Immortal and Drunken Broadword
★ Practical Application Of Drunken Boxing

90009 \$49.95



80316 & 80317
108 Movements Of The Shaolin Wooden Men by Leung Ting
★ 7" X 5", 96 Pages/Each Volume
★ Original Text In 108 Shaolin Wooden Men Hall Movements.
★ Applications And Counter - Applications Through Out Both Volumes.
★ Great Collection For Martial Artists.
★ Sold As A Set For \$6.99
★ Single Issue \$3.50

80316 80317 \$6.99



02041 \$3.50



02042 \$3.50

02041 Color Wing Chun Poster, 34" X 23"
02042 Color Wing Chun 6 1/2 Point Pole Poster, 34" X 23"

81200
Shaolin Ten Animal Form Of Kwan Tak Hing
★ 210 Pages, 8 1/4 x 5 1/2 with color pages
★ Form & Application plus Counter-Applications
★ Dragon, Snake, Tiger, Leopard, Crane, Lion, Elephant, Horse, Monkey & Bear
★ All demonstrated personally by the Famous Father of the Chinese Kung Fu Movies — Sifu Kwang Tak Hing \$11.95

NEW LOW PRICES \$19.99/SET

KUNG FU UNIFORM (100% COTTON FROM CHINA)
03001 BLACK WITH BLACK BUTTON
03002 BLACK WITH WHITE BUTTON
03003 BLUE U. 03004 WHITE U. 03005 BROWN U.
03006 KUNG FU SASH \$5.50
BUY ANY 3 OF MIXED COLORS \$15.00/SET



JUST PANTS \$11.00

NOT SOLD WHERE PROHIBITED BY LAW. WE WILL NOT BE RESPONSIBLE FOR ANY MISUSES OF ALL OUR PRODUCTS.



NEW LOW PRICES

KARATE UNIFORM (100% COTTON)
MEDIUM WEIGHT HIGH QUALITY
03007 WHITE UNIFORM
03008 BLACK UNIFORM
03009 COLOR BELT \$3.00
SIZE 000-0 \$12.99
SIZE 1-3 \$14.99
SIZE 4-6 \$17.99
JUST PANTS \$11.00

ATTACH QUICKLY INTO STAFF. ALL SPEAR COMES WITH TASSLE.

14037 ONE HOOK SPEAR \$23.99
14038 TWO HOOK SPEAR \$26.99
14039 SINGLE SPEAR \$14.99



KUNG FU SHOES (IMPORTED FROM CHINA)

15001 RUBBER SOLE \$3.99 15005 RUBBER LADIES \$3.99
15002 RUBBER TAICHI \$3.99 15006 RUBBER FLOWER \$4.99
15003 COTTON SOLE TC. \$3.99 15008 GIRL KF SHOES \$3.50
15004 COTTON TAICHI \$3.99 15009 BOY KF SHOES \$3.50
NEW 15011 WHITE KUNG FU RUBBER SOLE SHOE \$4.99



METAL STEEL EXER-BALL

THESE ARE SOLID HEAVY STEEL BALLS. DON'T MISTAKE THEM FOR LIGHT IMITATION MUSICAL BALLS FOR SERIOUS MARTIAL ARTISTS!!! COME IN 5 DIFFERENT SIZES:
06031 EXER 1.50" \$12.99 06032 EXER 1.80" \$21.99
06033 EXER 2.00" \$24.99 06034 EXER 2.25" \$32.99
06035 EXTRA LARGE AND HEAVY EXER 2.50" DIA. \$39.99



10069 NINJA BUCKLE KNIFE \$7.99
10014 NINJA STAR BUCKLE \$7.99
10066 NINJA SQUARE BUCKLE \$7.99
10014 & 10066 COME IN NICKLE OR BRASS



NEW KUNG FU BOOTS

ENJOY THE SAME DURABLE AND FLEXIBLE SOLE OF OUR KUNG FU SHOES. THESE ARE TOP PERFORMANCE BOOTS AT AFFORDABLE PRICES. COME IN TWO COLORS OF LACES AND ZIPPER MODELS.
15012 WHITE ZIPPER \$9.99 15013 WHITE LACES \$9.99
15014 BLACK ZIPPER \$9.99 15015 BLACK LACES \$9.99



QTY.	NO.	DESCRIPTION	PRICE	TOTAL

Credit card order:
____Visacard
____Mastercard
Exp. date _____
Card No. _____
Signature _____
Tel. _____

Prepaid orders (Certified Check, Money order) will be processed first; 4-6 weeks delivery on order paid by personal check.

Minimum order \$10.00 Sub - Total
NY or NJ sales tax
Shipping
Total

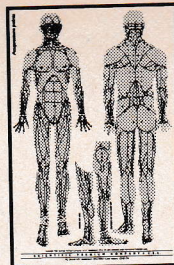
Send to
BOK LEI TAT INC.
213 CANAL ST. N.Y. 10013
(Please print)
NAME _____
ADDRESS _____
CITY _____
STATE _____ ZIP _____

Shipping Charges
Up to \$30.00 .. \$3.00
Up to \$50.00 .. \$3.50
Up to \$100.00 .. \$5.00
Over \$100.00 .. 5% of total order.
Canada \$6.00 or 8%, whichever is greater.
Other countries: Please send in order for quotation. Specify sea or air parcel post.
Foreign money order must be in U.S. dollar drawn on U.S. bank. Send \$3.00 for 32 pages color catalog.

★ Move objects with Chi Power without touching them ★ Move an object with your eyes only ★ Extinguish a candle flame with your eyes only ★ For speed faster than a cat, try this test! ★ Lift a bowl of water with Yin Chi ★ Learn how to make "select" breaks ★ Ring the chimes with a Yang Chi throw ★ Repel birds, dogs, with your eyes only ★ Quickly disable your enemy with Pressure Points ★ Erase pain completely with Pressure Points

Beautiful color poster,
14½"W x 22¼"H
Instructions are printed separately

Pressure Points



©SPC•USA

PHONE
YOUR ORDER:
1-800-334-7353
OR 1-513-422-8166
\$4 Extra Charge For Fast C.O.D.
No Credit Cards Accepted.

Master the power:

SPC•USA CHI POWER PLUS

Scientific Premium Company • U.S.A. instructs you how to develop Chi Power. We give you simple, easy to follow instructions of how to do it. You will be able to do all of the above, and much more.

We believe no one [outside of our staff] in the entire world knows all the secrets shown in these wonderful Charts. Almost anyone can do them. It will not take years to learn. Most students can do them the very first day. We assure you that you CAN do most of them. And after a bit of practice, you can do them all. Even a child can do them!

Your body is powered by electrical energy, called Chi. Yin Chi (negative ions) will draw an object to you. It is a force of gravity. Yang Chi (positive ions) pushes objects away. It is a force of antigravity. Yang Chi is the ion shield that helps protect your body and powers your strikes in battle.

The power described in these Charts proves you are a human and not an animal (regardless of what you may have been taught). God made you a master of animals. You also have the power to completely erase pain with a touch of your hands. Both Charts are like double-edged swords. They can heal or they can wound. Like a sharp knife, YOU determine their use. Despite what some may teach, these powers pose NO DANGER TO YOUR HEALTH. You will learn exceptional control over your body. And this is lifetime knowledge that can greatly enhance your quality of life.

ALSO: You will receive a beautiful 14½" x 22¼" Poster. It is a Chi Power Chart of the Internal Organs™. The printed instructions can help you visualize these organs in their correct locations, for the purpose of increasing your internal strength. You will learn the art of focus, to direct your Chi to any part of your body, or as an extension of your arms with a weapon. Your accuracy will increase, because God will direct your aim. You will feel heat in your hands, or they will begin to tingle as you build your power.

A PROTECTIVE SHIELD: You can use Chi techniques to harden your body for personal protection. You can actually create a protective ion shield around your body.

KICK OR HIT WITH CHI POWER:

SPC•USA tells you how to direct your Chi to your foot, to increase your kicking power. Or direct your Chi for a powerful hand strike that can instantly disable your opponent. Power that is used by top professionals can now be yours. This power can become one of your personal defense tools.

ALSO: SPC•USA instructions tell you how to see through your "third eye". You may see colors dance before you. You may see moving symbols. Or you may see visions that are meant especially for you. This is the way prophets of old saw the visions.

SPC•USA CHI PLUS CHART

\$27.95 + \$2.00 P&H = \$29.95

Contains heavy duty Chi Power Poster, Recording Instructions, and Chi Power Plus™ Booklet. The poster with recording instructions will teach you and your family the art of focus and how to build power. The Chi Power Plus Booklet describes secret methods used to perform all the techniques mentioned above. Because the Chi Power is a very private family exercise, the voice you will record should be yours or your spouse's. You listen best to your own voice.

SPC•USA PRESSURE POINTS

Learn what the pro's have been using for years. Discover new power through the use of pressure points. Your power will increase because you will be using your opponent's own body against him. The pressure points when hit get immediate results. Why waste your strength hitting your enemy in areas that will not disable?

Have you ever wondered how a small person is able to overcome a large person? Using the SPC•USA Acupressure Point Chart™ as a guide, one sharp blow can temporarily disable a person. Your ability to win should increase dramatically. By using these body pressure points, you will gain hidden power to protect yourself and others.

You have about 20 seconds or less in most street fights. Make them count to YOUR advantage with less likelihood of causing permanent or fatal injury. It's amazing what one sharp well-placed strike can do to disable your enemy.

ALSO: Simple pain erasure instructions can tell you how to eliminate most every type of pain with a touch of your hands. Even the terrible backache or knee ache can be cured with a few simple treatments. No drugs, surgery, needles, or ice are used. This is the very latest technology in medical treatment. It is not the same as ordinary acupressure that relies on meridians. This method works every time on everyone. There is nothing more effective anywhere at any cost! And it can be used anywhere. No special equipment is required. This, too, is your vital lifetime knowledge for pain free survival.

SPC•USA PRESSURE POINT CHART

\$14.95 + \$2.00 P&H = \$16.95.

Contains heavy duty poster with Strike Points, Pain Erasure Instructions and Stretching Exercises. It's more than you expect!

NOTE FOR ALL PRODUCTS: Order both at once and save \$2.00 postage and handling. Ohio orders add 5.5% sales tax. Orders from foreign countries must prepay in U.S. dollars with postal or bank money order and add \$1 extra for special handling.

WORLDWIDE GUARANTEE

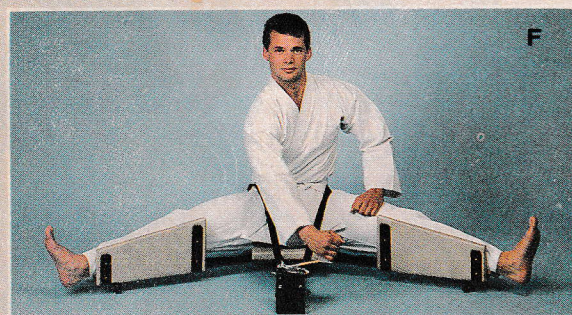
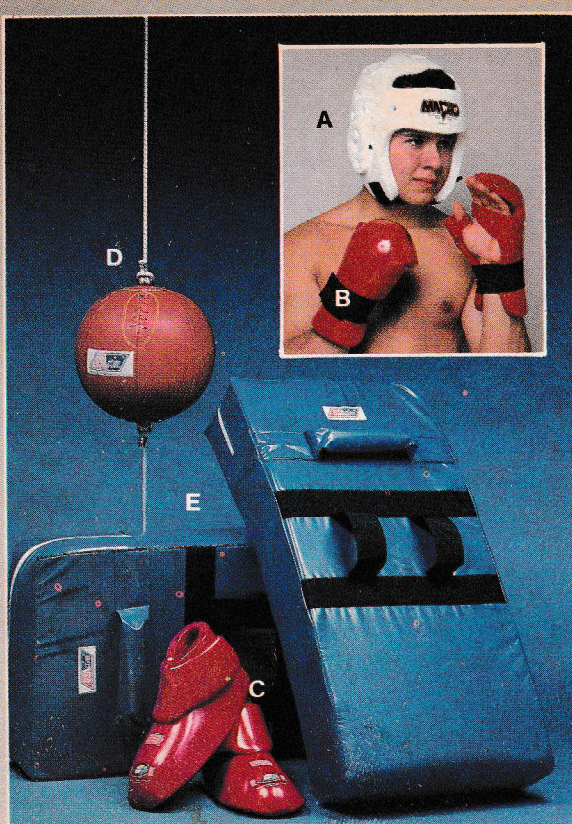
SPC•USA products will change your life! Test them for up to 90 days. If you are not fully satisfied with any SPC•USA product, return it for a prompt refund. All sales and all conversations are held in close secrecy. Accept no substitutes! SPC•USA products are all international copyright protected. The products are delivered in a protective mailing tube.

PHONE TOLL FREE ANYTIME FOR FAST C.O.D. DELIVERY: 1 800 334-7353.

No Credit Cards accepted. Post Office now accepts other money orders or checks. If you pay cash, Post Office will charge an extra \$1.00 for their money order.

MAIL CHECK OR MONEY ORDER TO:

Scientific Premium Company • U.S.A.
Department FU; P.O. Drawer 10
Middletown, OH 45042



A. DELUXE COMP HEAD
3/4" foam covers
head. Red, Blk or Wht,
XS — XL.
\$29.95 ea.

B. DYNA PUNCH
Red, Blk, Wht. SZ
children M, L; adult, S, M,
L, XL.
\$23.95 pr.

C. MASTER KICKS
double foam instep,
velcro allows for
easy on and off. Red,
Blk, Wht. SZ 3 — 13.
\$29.95 pr.

D. DOUBLE END BALLS
hardware incl.
8850 leather \$59.95
3851 vinyl \$29.95

E. VINYL FOAM SHIELD
26" x 14 1/2" x 4 1/2"
8855 \$49.95

F. HURLEY STRETCH RACK
Economy model built
tough and designed to last
a lifetime. Comes assembled.
2 year warranty. Weighs
24 lbs.
8399 \$160.00

G. SAMURAI'S
440 stainless steel
blades, wood scabbard.

1980 daito 41" \$120.00
1981 shoto 28" \$110.00

Aluminum alloy blades
available.

1880 daito 40" \$59.95
1881 shoto 28" \$39.95

H. NINJA SWORDS
440 stainless steel
overall or aluminum
alloy
1921 sharp 37 1/2" \$120.00
1821 alloy 38" \$89.95

K. CONVERTA CHUK
Tubular steel with ball-
bearing swivels converts
from 8" or 12" chuks
into 16" or 24" batons.
1090 24" \$19.95
1091 16" \$17.95

L. TONFA
Round hardwood design,
side handle grip, black
or natural, 18", 20",
24" long.
\$14.95 pr.

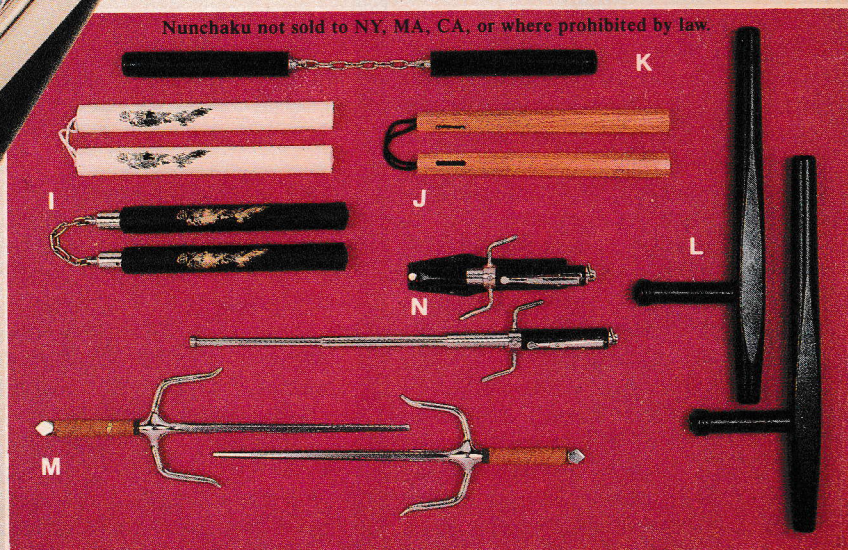
M. SAI
Octagon steel, leather
handles, chrome or black,
15", 18", 19 1/2", 21 1/2"
long.
\$39.95 pr.

**I. FOAM PADDED
NUNCHAKU'S**
Ballbearing swivel or
nylon strung 12". White
with black dragon or
black with gold dragon.
nylon \$2.95
ballbearing \$6.95

J. OCTAGON NUNCHAKU
Hardwood nylon strung
with black or natural
finish in 12" or 14"
\$5.95 pr.

N. AUTO BATON
3 sectional baton
6 1/2" closed 20"
open, leather case.
6533 \$39.95

Nunchaku not sold to NY, MA, CA, or where prohibited by law.



ASIAN WORLD OF MARTIAL ARTS, INC.

FREE CATALOG with over 2000 items sent with each
order or send \$3.00 for postage of catalog.



1-800-345-AWMA

Outside USA (215) 925-1161
Wholesale prices available.

SEE OUR ADS STARTING ON PAGE 42